

THOUGHTS OF ETHERNAL WISDOM

Chosen Thoughts of spiritual Teachers of the

UNIVERSAL BROTHERHOOD OF LIGHT

Encyclopedia

for

Questions concerning Daily Life

eBook 42- 55

I shall understand Life and Myself anew:

clear Answers to Questions concerning Daily Life

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I SHALL UNDERSTAND LIFE AND MYSELF ANEW:
CLEAR ANSWERS TO QUESTIONS CONCERNING DAILY LIFE



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BOOK 42:

Why we should accept Reincarnation

BOOK 42: WHY WE SHOULD ACCEPT REINCARNATION



In order to understand what true religion is, I must draw closer to the light, warmth and life of the sun.

That is to say, I must seek the wisdom which enlightens me and resolves all problems, the disinterested love which beautifies, encourages and consoles me, and the subtle, spiritual life which renders me active, dynamic and daring, so that I may realize the Kingdom of God and His Righteousness on earth.

And no one can contest this religion: if I try to destroy it destroys myself, because I restrict myself.

When this understanding of a universal religion penetrates every mind, the whole organisation of life will become universal: all separation between human beings will cease to exist, including borders and wars.

As I come to know the sun in its sublime expression of light, warmth and life, human beings will draw closer and closer to the Divinity, and they will transform the earth into a garden of Eden where all will live as brothers and sisters.

Everyone must accept this universal religion, this brotherhood which the sun teaches us.



Idea & Production of this Encyclopaedia:

Benjamin Christ - Linz, January 2008

BOOK 42: WHY WE SHOULD ACCEPT REINCARNATION

Initiatic Science teaches me that in the natural world, religion, science and art are all one.

However, they have been separated to such an extent that conflicts – between them – have been created, and it is human beings who are responsible for this grave error.

As long as they are kept separate, my understanding of life will always be incomplete.

Science, religion and art form a unity, thanks to which I can blossom fully.

Science fulfils a need of the intellect; religion fulfils a need of the heart; and art fulfils the need of the will to express, create and construct.

These needs are closely linked, because my thoughts become my feelings and, finally, my actions.

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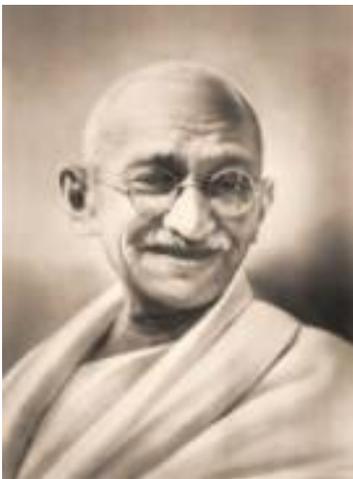
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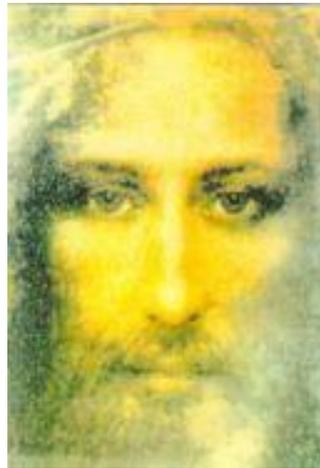
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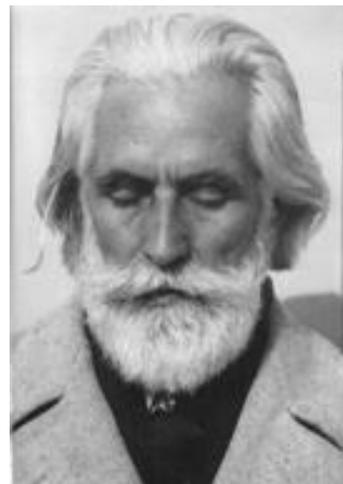
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BOOK 42: WHY WE SHOULD ACCEPT REINCARNATION

Encyclopedia Initiatic Science

Book 42: Why we should accept Reincarnation

When we accept the idea of reincarnation, we begin to understand that there is a reason for all that happens in life. It is not by chance that we are born into a particular country and into such-and-such a family, that we possess certain qualities and have varying situations to cope with. Everything has its cause, more or less remote, in a previous existence. Of course, this knowledge will influence our reactions, because when we understand that everything has a reason, we stop revolting against trials and setbacks. We know that these tests are the result of laws broken in previous incarnations, and we accept them, without accusing someone else of being the cause of our unhappiness.

Finally, belief in reincarnation stimulates people to reinforce their will-power. They set to work to repair their past errors and also to avoid reprehensible acts, which they know will lead to suffering. They work hard to create a future filled with light. **(JANUARY 17, 1998)**

We have to cultivate both aspects of our being, the internal and the external: the external aspect for society, and the internal aspect for ourselves. We have to live our inner life for ourselves while bearing in mind that it will grow and spread until it reaches to every corner of the world and touches every creature in heaven and on earth. The scope of our external activity is very limited, but that of our internal activity is vast. Our physical acts touch only a few people whereas our feelings, and above all our thoughts, can touch all creatures. The mind is far more powerful and embraces infinitely more things than the will; its possibilities are also far subtler and more varied. By means of our thoughts we can do whatever we want, even travel through space; whereas the will operates on the physical plane and is therefore severely limited by the resistance of matter. One day when we have lived through innumerable reincarnations and done a great deal of psychic work, the activity of our will will follow immediately on that of our mind.

(JANUARY 24, 1995)

From both an educational and a psychological point of view it is unwise to tell people about their previous incarnations. The time will come, of course, when each of us must look at this question for the sake of our own evolution, but not before we have first acquired a certain degree of self mastery. Imagine being told that someone around you or even in your family has been your worst enemy in the past, that they persecuted you or massacred you. How would you react? If in this life we encounter certain people or belong to a certain family, it is because we have matters to sort out with these people or with members of that family. And what about those people who are told that they were powerful or famous in the past? Will they be sensible enough to avoid becoming excessively pretentious? If you are weak, if you lack self control, what will this lead to? Certain revelations are dangerous, because they risk troubling people or awakening desires for vengeance or ambitions that will hinder their evolution.

If it were so important to know our reincarnations, why does providence hide them from us? For one good reason: it anticipates the future and wishes us to stay in this state of ignorance so we may better rectify our past mistakes. **(JANUARY 27, 2000)**

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Belief in reincarnation is one of the corner stones of morality. As long as human beings are unaware of the law of cause and effect, which carries over from one life to the next, no amount of sermonizing will ever do much good. Too many people still believe that they will burn in hell for all eternity because of their sins! Of course, one often meets people who do not believe in reincarnation and who are naturally honest and good. The only trouble is that one can never be absolutely sure that this state of affairs will last. In certain circumstances such things as fear, covetousness or a desire for revenge can get the better of them and then there is no holding them back: they will no longer be either good or honest! This is because their morality was not built on a firm foundation, a knowledge of the law of cause and effect which is operative from one incarnation to the next. **(APRIL 20, 1995)**

Whatever work providence or fate has given you, you must make the effort to accomplish it in the best way possible. If you refuse to do it, or if you show negligence pretexting that you do not think you deserve this work, you are retarding your evolution, and later you will be obliged to come back to correct and repair the situation. When this happens, you will notice how difficult it is to redo work you thought was finished.

If we are on earth, suffering and struggling in the midst of difficulties, it is precisely because we must finish or start over some work... Heaven has sent us back to repair our mistakes and carry on with our education. That is the meaning of our successive reincarnations. If we refuse to understand these lessons, we will be sent back to earth, and it will be harder and harder to correct our faults. **(MAY 22, 2001)**

At the source of a river in the mountains, the water springs forth pure and crystal clear. As it descends, it collects dirt and wastes from the regions it crosses, and when it reaches the ocean, it is saturated with impurities. But soon, warmed by the sun's rays, it is transformed into steam and takes up its journey into the sky, until one day it falls again in the form of rain or snow.

We can interpret this voyage of water symbolically. Human destiny resembles the perpetual movements of water between heaven and earth. Like drops of water, souls descend to earth, each in a predetermined location. From there they have an entire road to travel until, tired and worn from life's labours, they return to their starting point... only to descend again, one day, in another place. This is called reincarnation. **(JUNE 1, 2005)**

When people talk about the devil, they do not know exactly to what cosmic or psychic reality this word corresponds. The devil does not exist as an individual entity opposed to God and on an equal footing with him. Those people who claim that the devil appeared to them have only imagined it. Spirits of light exist and so do spirits of darkness, and it is this group of evil spirits that we call the devil. The devil does not exist as an entity separate from and opposed to God, but as a collective force that is nourished and reinforced by people's negative thoughts, feelings and actions.

And we can also say that the devil is part of man himself, of his lower self. How was it formed? During his reincarnations man has continuously fed his lower self with his weaknesses and vices, thus blocking the path to Heaven. However there exists also in man a luminous entity, his higher self that has been formed with his thoughts, feelings and actions inspired by kindness, generosity, love and sacrifice. So, if people tried hard to restore order to their inner life, the devil would disappear. **(JULY 23, 2001)**

Human beings are imperfect, and it should not surprise them when these imperfections complicate their relationships. When men and women meet and marry, misunderstandings often begin right away. It is inevitable. But instead of separating immediately, it is best if they try first of

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all to surmount their problems, saying to themselves: 'There must be a reason why fate brought us together, since chance doesn't exist. I must therefore work hard to accept him (or her) for this incarnation, in order to learn and to improve myself.' There are cases in which it is better to leave a person with whom you do not get along, but not before making every effort to save the situation, all the while conducting yourself with patience and generosity. Otherwise divine justice will confront you once again with the same problems. Whether it is in this incarnation or in the next, you will not escape. Human beings are not in the habit of reasoning in this way, because they have not been instructed about reincarnation and the law of cause and effect. Well, they must take great care to inform themselves, and their lives will then take on meaning.

(JULY 25, 2003)

By rejecting the concept of reincarnation and by refusing to teach it, Christianity is preventing people from understanding divine justice and the way in which it manifests itself. It comes as no surprise therefore, that everything consequently seems senseless. When you do not see the true reason for situations or events, they become incomprehensible and you end up seeing injustice everywhere. Faced with suffering and unhappiness Christians say: 'It is God's will.' They themselves – unbelievably – have done nothing to cause this suffering; they are not responsible for anything. Only God is responsible. God does as He pleases and what pleases Him is not based on justice.

All Christianity has achieved by rejecting the concept of reincarnation is to make the human spirit lose its way. Whereas with reincarnation everything becomes clear. Reincarnation explains how the law of cause and consequence manifests itself from one incarnation to another. It is no longer the Lord who dishes out good things and bad things in such a way that nobody can ever understand the reason. People become the creators of their own destiny. The greatness, the splendor, the perfection and, especially, the justice of God are thus maintained.

(AUGUST 4, 2000)

The true evolution of man occurs on earth, not anywhere else. Someone who, because of their crimes, is condemned to suffer a long time in the regions of the astral plane after their death must subsequently return to earth to make good the wrong they have done. It is not enough to suffer, because suffering is no reparation for all the mistakes we have made. We made these mistakes on earth and we therefore have to return to earth to make amends. There is no other explanation for reincarnation. If we had already atoned for our errors up above, why should we have to come back to earth? There is a fact, a law which dictates that human beings must put right their mistakes in all the regions of the universe where these mistakes caused harm.

(AUGUST 16, 2002)

Education is obviously very useful, because it gives you a job, prestige, authority and money. But you can accumulate as much knowledge in mathematics, history or medicine as you like, it will never transform you and so if you are timid, sensual, quick-tempered or selfish you will remain timid, sensual, quick-tempered or selfish.

No university will teach you about the laws that govern the moral world, about the Great Beyond, the afterlife and reincarnation. So even if you are a walking encyclopedia, you will not have the hope, the conviction or the strength of will that will allow you to transform yourself, because you know nothing about these fundamental subjects. Whereas if you are taught that moral laws of nature, that souls continue to live in the other world and how they then reincarnate, you will not be able to remain the same in the face of these revelations. You inevitably become more mindful of your outer and inner behavior.

(OCTOBER 2, 2002)

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It is sometimes dangerous to inherit wealth from a relation: It can lead to very unpleasant results. If the person you inherit from led a dishonest, sinful life you would do better to refuse the inheritance, otherwise he will insist on reincarnating in your family, perhaps as one of your children. He will say, 'It was I who gave you land, houses, money or furniture, so I have the right to claim a home with you now!' And you will find yourself with a child who becomes a criminal, and you will never understand why. It is because he is the reincarnation of that grandfather, uncle or cousin who was a bandit, a thief and a murderer, and whose inheritance you accepted with such a delight! So it is preferable not to accept an inheritance from someone who has not walked the straight path of truth. But you can accept whatever good man leaves you; in fact it is a benediction for a family to inherit something from a good person. **(OCTOBER 27, 1987)**

It is on this earth that man's evolution takes place; not elsewhere. Even someone who has had to suffer in Hell for a long time because of his crimes, is obliged to come back to earth to repair all the evil he has done. For it is not enough to suffer; suffering does not make up for evil deeds. Since those evil deeds were committed on earth, reparation has to be made on earth. And isn't this the real reason for reincarnation? Otherwise, why should men return to earth if they had already atoned for their faults on the astral plane? The truth is that there is a law which decrees that man must make reparation for his errors in every region in which those errors have done damage. **(OCTOBER 29, 1987)**

A spirit, a soul, is linked to a body for one lifetime. At the time of death they separate from the body and, later, in a subsequent reincarnation another union is made. The human ego is neither man nor woman: it is by incarnating on earth that it becomes one or the other, depending on whether it is polarized positively or negatively. If it is polarized positively it generally incarnates in a feminine form in order to have both principles and, inversely, if it is polarized negatively, it takes on the body of a man. And you ask: 'What determines this polarization of the human ego?' Well, it all depends on the degree of evolution of each individual ego and the work it has to do to reach perfection.

Our incarnation on earth is already in some way a form of marriage. We could therefore say that the first marriage a human being enters into is that of his ego with his physical body, and that marriage demands absolute fidelity. **(NOVEMBER 26, 1999)**

It is very difficult for human beings in general and spiritual persons in particular to have an objective opinion of themselves. Some, frightened by the immensity of initiatic science, by the distance separating them from their goal, feel miserable, whilst in fact they are very evolved, they have made sound progress along the road of their inner development. This is really not very good for them. Others on the other hand, who are completely stupid and short-sighted, believe themselves to be the great initiates, geniuses, even divinities. But since nothing in their lives justifies this good opinion they have of themselves, they go and consult a so-called medium or clairvoyant who tells them all kinds of fantastic stories about their reincarnations – because after all it is in their own interest to cheat people otherwise they would attract no clients. Indeed they are fantastic stories, full of celebrities and glorious history and saints and prophets. But what good does it do them, if every day reality proves to them that they are nothing at all? One of the greatest hindrances to evolution is to delude yourself about your past incarnations. If you really want to progress, evolve, do not waste your time with clairvoyants, but study and work so that you may come to know yourself. No-one can truly evolve if they have assessed themselves correctly. **(DECEMBER 3, 2000)**

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So many disciples do not know what they should be doing when they have a master. Because of the books they have read or the stories they have been told, they set about looking for a master. And once they think they have found one, they start asking themselves irrelevant questions: 'Is my master the reincarnation of Jesus, of St. John, of Buddha? Is he Melchizedek?' Well, this is all waste of time and it would be far better if a disciple thought about what be most useful for their master and for themselves. And the most useful thing they can do is to learn to work with love and light. And a disciple should not ask themselves whether their master is greater or less great than any other either. This is not what will make them evolve. What will help their evolution is their work and their faithfulness to their master. **(DECEMBER 13, 2002)**

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Book 43: A Servant of God

The noblest desire one can have is the desire to serve God. Unfortunately, out of all the billions of people in the world very few ever think about such a thing, or try to find out how they could serve God effectively. When someone sincerely desires to serve the Lord he begins to experience all kinds of new needs: the need to learn, the need to strive for perfection, the need to fulfil the aspirations of his deepest being. To serve God is first and foremost to become a model of love and wisdom for others to imitate, and this means that you have to begin by working to change yourself, by abandoning your personal habits and those of your milieu in which material well-being, pleasure and worldly ambitions have pride of place. Only by breaking away from this narrow way of life, from these selfish habits, can one begin gradually to fulfil one's desire to serve God. **(FEBRUARY 1, 1995)**

Our place in this universe is not as simple as that of a stone, plant or animal. Because we have the capacity to think our role is quite different: our work is to contribute towards building a collective life. If we work only for ourselves, nothing worthwhile will result. 'But if I work for my own good, I am better off!' No, this is not true, because the selfish, isolated 'self' you are working for is an abyss which swallows up without trace everything it can get. This is no way to waste your life. Selfish egocentrics are oblivious of the benefits they would enjoy if they worked for the good of the collectivity.

However, please understand what I mean by the word 'collectivity': this 'collectivity' is not confined to the human race, it encompasses the whole universe, all the beings who live there, and even God Himself. This collectivity, this immensity of whom you work is like a bank, and one day everything you paid in will return to you – with interest. **(FEBRUARY 17, 1999)**

The lower one descends on the evolutionary scale, the more one sees a variety and diversity of forms, and, at the same time, a far greater similarity among individuals belonging to the same species. Look at all the different trees and their leaves, and see their differing sizes and shapes. Yet the leaves on the same tree all resemble each other. Look at fish and insects, and notice the vast numbers of species, with all their different sub-species. But can you detect the difference between one fly and another of the same type?

Now, compare the faces of several beings who live an intense spiritual life, and notice how different and richly expressive they are. Then take a look at very coarse and primitive people with no inner spiritual life: they all have identical expressions. On the one hand, there is a greater simplification, on the other, greater variety. The higher one climbs toward Heaven, the more one becomes simple and united with others, so the more finely expressive, vibrant, and alive one becomes. And the further one descends into lower regions, the more the forms differ, but the greater the loss of individual expression. **(FEBRUARY 23, 1998)**

Our faith is based on all our experiences over the course of our past incarnations, and these experiences are engraved on our soul. Yes, everything we have studied, verified, and lived in our previous lives forms the basis of our faith. We can only have faith in something we have experienced; otherwise it is merely belief, not faith. You have faith in God, because you have communed with Him, you have been in touch with Him, and been so marked by this contact that you can doubt no longer. Your faith in Him is imprinted on you. You know that a certain road

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leads to a certain place because you already know the way. However, if you claim that just around a certain corner you will find palaces and gardens, whereas in reality there are only swamps and sheer cliffs, it is only because you were motivated by the need to believe, not the certainty of faith. Belief is the result of a subjective desire: you imagine it will come true, but more frequently it does not. Faith, on the other hand, is an absolute certainty which leads to fulfillment. **(MARCH 1, 2000)**

To a disciple, adaptability means an opening up of consciousness: that is, to have intuition and tact, to know the right word to say and the right moment to say it, to know the best time for action, and finally, to know the right way to behave. But all this must be accomplished without ever losing sight of the high ideal, and without compromising in any way the spiritual principles of honesty, integrity and straightforwardness. Understood in this way, adaptability calls for strength of character and a penetrating and subtle intelligence. A disciple's convictions must remain firm and unshakeable, but at the same time he must demonstrate his ability to be adaptable. Even when cut into pieces, if a person truly serves God, his love and faith remain steadfast. **(JULY 17, 1998)**

Whatever the mental and material conditions in which you find yourself, never let yourself be weakened by the thought that evil, in all forms, could easily befall you. If you always feel weak and vulnerable and without protection, then, yes, you really are exposed. Work with thought to unite with celestial entities and with light; lead an honest and pure life and you will be protected. Admittedly, there will be people who will try to harm you with black magic, but it will all fall back on to them, because of the boomerang effect of the law of return shock. Evil cannot enter a person who is occupied by the Lord and taken over by angels: in such a person, evil is immediately rejected and returns to the person who sent it in the first place. Cling on to that idea and already you will be out of harm's way. **(AUGUST 6, 1999)**

The fluidic emanations of human beings could be compared to different types of gas. If we had laboratories with sufficiently sophisticated equipment, we could verify that some of these emanations are so polluted and impure that the effect they have in the psychic world is as toxic as poison gas. And we could also make the reverse observation: that the emanations of a spiritual being are extremely beneficial for all creatures. Such a being, by his presence, acts favorably on all those around him because he has conquered the human weaknesses, and even the spirits who have left the earth go to him to feed themselves from their emanations. If the atmosphere of the earth has not yet become totally unbreathable it is because there are men and women who are disinterested, i.e. unbiased by personal interest and full of love and who have devoted their life to peace and light. **(SEPTEMBER 1, 2002)**

Often it is when human beings have lost everything, spoiled everything and are no longer capable of doing anything with their lives that they decide to devote themselves to the Lord. But the Lord does not need invalids or toothless, shaky old people. He needs sturdy and capable ones. However when they are young, most people only think of taking advantage of the pleasures of life; to devote time and energy to some divine work is out of the question. But when they have spent all their energies, when they are stiff with rheumatism, paralyzed or senile, they turn to the Lord, 'Lord, do you need me? I am here to serve you.' And don't imagine that aging has made them wiser! No, it is just that they have no more energy to go on with their previous life; they have even lost a taste for things. They waited to get to this point before asking the Lord, 'Do you want me, Lord?' And seeing all those crippled people, the Lord scratches his head

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and wonders what he could use them for. Poor fellows, they feel so empty, so useless! Well yes, if you want to serve the Lord one day, you must think about it when you are still in good shape.

(SEPTEMBER 5, 2001)

Every joy and happiness has to be paid for in one way or another. It is only when you are in Heaven, for good and all, that you will have nothing more to pay; you will be living in the ocean, whom do you pay? But as soon as you leave the ocean, every tiniest drop must be paid for. You must have experienced this many times. After joy, pain always follows. You even expect it and when you have been very happy, something tells you that a sorrow is lying in wait. Many people are frightened when they experience great happiness. You can never be completely free from the troubles of the outside world, but you can protect yourselves inwardly. Your only sure protection is your connection with Heaven. When you are linked with Heaven, submitting to divine will, all you do is at one with the divine, and thus, spiritually, your debts are paid in full. Does God owe anything to anybody? No, everything belongs to God and if you live in God, everything belongs to you also.

(SEPTEMBER 11, 1998)

Jesus said, 'It is easier for a camel to pass through the eye of a needle than for a rich man to enter into the Kingdom of God.' At first sight, these words seem ridiculous, but in fact they contain profound meaning.

What is the characteristic of someone with a great deal of wealth? It is an astral body, the body of desire, so inflated through greed that it has become like an immense tumor and that tumor prevents him from passing through the door of the Kingdom of God. Whereas the astral body of a camel is very small (symbolically, it can go through the eye of a needle), because the camel is abstemious, content with very little: qualities which make him resistant to all difficulties and able to cross deserts in conditions to serve for anyone else to survive. People's inordinate desires create tumors in their astral bodies, which prevent them from passing through the doors of initiation. A disciple must, therefore, watch over all wishes and desires; otherwise the doors of the Kingdom of God will remain shut to him.

(SEPTEMBER 14, 1998)

So many people want to work for honesty, for justice, for the good of humanity. But because they do not know how to go about it they gradually become discouraged and even sometimes end up hating the entire world. Is this an intelligent outcome?

If you really want to work for the good of humankind you should begin by leaving people alone and you should focus solely on perfecting yourself. And then, the day will come when you become so enlightened that, when they see you, people will be moved to ask you to enlighten them, because they will see how miserable they are, and sense how bogged down they are in a quagmire. But do not then be tempted to go and deal with this quagmire, because if you plunge into the morass in order to purify it, you yourself will get bogged down. Work towards enlightenment so that, even without a word being said, your very presence will make others begin to understand they have lost their way, and they will ask you to guide them.

(SEPTEMBER 18, 2000)

Why should we endeavor to do God's will? Because it is a magical act. As soon as we put ourselves in the service of God our being is occupied, reserved and closed off to all other influences. And then all the contrary forces that seek to seduce us so they can use us are not able to do so, because we are busy, we are committed elsewhere. Those who do not seek to do God's will believe themselves to be free. But they are mistaken. Since they are open, exposed to everything, the will of a mass of other entities, both visible and invisible – of elementals, of

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larvae and even human beings – begins to infiltrate them so that these entities can use them. If you are not occupied by the Lord, you can be sure that others will occupy you, and you will then be in the service of all the most perverse and most anarchic forces. **(SEPTEMBER 27, 2000)**

Some of you are unhappy because you feel you are still enslaved to your baser instincts. But do not worry, this is normal; there are so many things to put right in each one of us. What is important is that we work towards becoming free. Each day we must pray, exercise our willpower and send messages to our friends in the invisible world. At the moment you are still a prisoner, but if you maintain contact with these very powerful beings the time will come when you will be able to say to all those enemies within: 'Go on, away with you. I am a servant of God. You have no place here. Within me is the Kingdom of God and you will stay not a moment longer.' And then of course the enemies will bare their teeth, draw their claws, and say: 'What? You small, miserable creature, you have always belonged to us, we are your master.' And you will say: 'Yes, that was so in the first few pages of my history, but other pages have since been written without your knowledge. Now God is my shepherd, I have a Master, Heaven is with me, everything has changed. So, out with you!' These enemies will open their mouths and spit fire, but you will be protected by the power of Heaven which will oust them. **(SEPTEMBER 28, 2000)**

Human beings tend to think of freedom as emancipation. But emancipation from whom or what? In fact, human beings are free only when they succeed in vibrating in harmony with the cosmic spirit. Why? Because only the cosmic spirit, the Lord, is absolutely free. It is only insofar as human beings merge with Him that they too become truly free, free to enjoy the freedom of the Lord. And as soon as they distance themselves from the Lord, cut themselves off from Him, they lose their freedom. They may think themselves free, but in reality they are enslaved, enslaved by other forces and other wishes, by harmful influences that direct them without their realizing it. We must therefore implore the Lord not to let us be free, but to take us into His service. Because the freedom of God infuses the heart of those who want to be His servant. And then, almost without their knowledge, they are driven to act in an enlightened, righteous and noble way because the powers that inspire them are divine powers. **(OCTOBER 4, 2002)**

In the mind of a disciple, to adapt oneself means to be understanding, perceptive and intuitive, to be tactful and capable of knowing just what to say and when and how to say or do something; in other words, to have exactly the right attitude. And this must be done without the loss of one's ideal, that is to say, with complete honesty, integrity and rectitude and without betraying or compromising any spiritual principles. Adaptability understood in this way depend on the flexibility of one's character and the subtlety of one's intelligence.

While showing himself to be flexible, a disciple must remain firm and unshakeable in his convictions. Even if he is chopped up in little bits, a true servant of God is unshakeable in his love and invulnerable in his faith! **(OCTOBER 13, 1988)**

The true respect that we must develop toward others must not be limited to respect for human beings. Beyond human beings and superior to them, there are a multitude of entities which people neglect and often do not believe in. They use their duty to respect other human beings as justification for respecting no one else, not even the Creator.

In fact, we cannot truly respect human beings as long as we give no credence within ourselves to a world that surpasses us. In this case, we actually risk harming others, because certain motives operating within us will stifle respect. It is only when we hold a sacred feeling for

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something, or rather for a being infinitely greater than we are, the Divinity, that we can also claim to respect human beings. **(OCTOBER 16, 2003)**

Freedom is within us, but we can only gain access to it progressively as our links with Heaven become gradually closer. Our freedom lies in accepting God's plan for us, in neither rebelling against trials and tribulations nor in trying to avoid them, but in trying to understand what they mean and why we have to endure them. If we have this attitude Heaven will lighten our burdens. It may not change the actual events we are destined to experience, but it will give us the inner strength to confront them and we shall suffer less from them.

We should not seek for freedom on the physical plane but on the plane of consciousness. If we accept what God sends us and want to do his work, he who is the lord of all destinies will allow us to endure our trials as though they were not really trials, but only a source of spiritual enrichment. In this way we shall begin to learn how to use our freedom. **(OCTOBER 21, 1995)**

A disciple is one who acknowledges the existence of a higher world, a world to which he is subject, of which he is the servant. His desire is to learn, to carry out the designs of this higher world and do its will. And this attitude changes everything: It means that he becomes a representative of nature and begins to dispose of means which are not his alone but which belong to the whole cosmos, to the whole of nature. He who clings obstinately to his own anarchistic philosophy will be reduced to drawing on his own limited resources and will gradually become poorer, whereas the disciple who, on the contrary, has understood the advantage of serving the cause of Heaven, becomes gradually stronger and richer because he disposes of a divine, cosmic capital. **(OCTOBER 24, 1987)**

There is no nobler activity than to participate in the work for the coming of the kingdom of God and his righteousness. You have to be aware of this and participate with all the means you have, great or small, even with your weaknesses and deficiencies – no matter – just participate. When there is an election, no one insists that people be necessarily smart or able in order to vote; even idiots can vote. Well, we too must vote for the kingdom of God and his righteousness, participate in the coming of this kingdom of earth and be happy and proud to do so. In the eyes of Heaven there is nothing more important. It is true that most people participate to a certain extent in all kinds of enterprises, but most of the time these enterprises are mundane or worse – stupid, pernicious or even diabolic. Whereas here, we offer you the most glorious and sublime enterprise in which you can participate: the kingdom of God and his righteousness, the Golden Age. **(NOVEMBER 1, 2001)**

Heaven gives only credit to those who deserve it. When people are seen to be making sincere and disinterested efforts, trying to serve with all their heart and soul, Heaven cannot but give credit, so it pours out all its blessings on them. On the other hand, people who use their gifts from Heaven for their own benefit or to do wrong, receive no credit: Heaven withholds all blessings from them. That is why all spiritual traditions urge people to make good use of the gifts, qualities and riches they have been given, otherwise sooner or later Heaven will take back all those same gifts, qualities and riches: They may have distinguished themselves brilliantly in this life, but they will find themselves poor and naked in the next. **(NOVEMBER 8, 1999)**

Human beings are absorbed in all manner of projects, but to what end? It is very, very rare that their efforts are directed toward becoming a servant of God, a conductor of light. It would be easy to provide them with the means to do so, but far more difficult to make this ideal the goal of

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their aspirations. Even God cannot give them this desire: This deep longing has to come from the person himself, because nobody else can desire in his stead, just as nobody else can feel hungry and eat on his behalf. A master can give you all the necessary nourishment, metaphysically speaking, but you are the one who must eat it, because he cannot eat for you. If a master eats on your behalf, he will get 'fatter' and you will get 'thinner'! A master gives you knowledge, but the will-power to accept and apply it must come from you. When the knowledge of your master and your own good will work together, the results will be astonishing.

(NOVEMBER 8, 1998)

Imagine a man who would visit a foreign country and proclaim, 'Gather together, call out the fanfares, pay me tribute, I will explain the reason of my visit ...' People would laugh at him ... and perhaps even put him away somewhere. People will not acknowledge somebody who appears in this way in his own name. But now here comes an ambassador from the United States for example; even if he is small, puny and sickly, he is welcomed with great honors. Fanfares play, soldiers parade, everyone bows before him, because he comes on behalf of the United States; and since the United States is a vast and rich country recognized in the world, it is to the United States, through him, that they pay tribute. The same thing applies to a human being in relation to the luminous entities of nature. If a man presents himself on his own authority without having anything on him that commends him to their attention, they will not recognize him. They ask him, 'Where do you come from? Show us your credentials!' And since he has nothing to show that is greater or more revealing than himself, they send him back. But if he bears signs of his conformity with the divine order, they will recognize Heaven through him, greet him and give a reception in his honor.

(NOVEMBER 11, 2001)

Every day life presents us with complex situations and we need to learn to be flexible in order to cope with them. There are people who react in the same way to every circumstance, using the same means, the same methods, whatever the situation. However, since every problem has its own specific solution, these people never stop running full tilt into obstacles. You need to be flexible, and flexibility is all about being more a psychologist, more of an educationalist, more of a diplomat – but not a diplomat in the pejorative sense of hypocritical and sly. True diplomacy implies wisdom. The sage is a diplomat who knows the most beneficial method to choose to do maximum good in every given situation, or vis-a-vis any individual. A sage, a true sage, thinks and finds ways to manoeuvre like a sailor who knows the currents and reefs, and knows how to steer his craft to avoid shipwreck. Flexibility therefore implies wisdom. To be flexible in life means to have wisdom and psychological insight.

(NOVEMBER 18, 1999)

You have received the gift of certain qualities and talents from the Creator and, one day, you are going to have to account for the use you have made of them. You are all familiar with the Gospel Story of the master who distributed money to his servants before leaving on a journey. To the first he gave three talents, to the second one and to the third five. When he came back from his travels he asked them how they had used the money. Those who had received several talents had invested them and earned more, but he who had received only one had buried it in the ground. The master punished this servant and rewarded his two companions. One day, Heaven is going to ask you to account for all the qualities, gifts and virtues that you have received: Are you going to have to admit that you have buried them and left them to rot, or will you be able to say that they have born fruit? Your punishment or reward will depend on the answer you give.

(NOVEMBER 23, 1999)

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The wealth of a spiritual person is something so subtle as to be imperceptible and yet, once he becomes aware of this wealth, all Heaven and earth are his. Why can't people understand this? Some say, 'I do understand. I know perfectly well that our material possessions cannot last, that they never really belong to us and that we're going to have to abandon them one day, because we can't take them with us. But even though I know it's wrong, I prefer to live a materialistic life, because that is the life I enjoy!' And, sadly, that is the way it is: When the mind recognizes the merits of one thing and the heart yearns for something else, what will the will do? It will do whatever the heart commands. If you want to live that vast, rich, unlimited life, it is not enough to understand, you also have to love it. **(NOVEMBER 24, 1987)**

The more you unite with the divine Source, the more you attract luminous entities that come to help and support you. This is how you become strong, radiant, in control of yourself and in possession of the powerful keys of realization. If there is anything you should fear, it is to do something that would send these divine craftsmen away from you, for each fault produces dark and sickening emanations that these invisible friends cannot bear.

Only one thing attracts them: the pure and harmonious ambience created by a person who has succeeded in placing God at the summit, at the center of his life, and who prays and meditates to keep this link with this summit, with this center. Gradually his soul opens up to the point of feeling – of even seeing – these celestial workmen run the waters of the river of life over him and illuminate him with their rays. **(NOVEMBER 26, 2001)**

Nature spreads all its riches before us and we are entitled to help ourselves provided we give something in return. You are surprised that all this is not free? It is free, but you too must give freely in exchange. How? Well, when you decide to use all the faculties which God has given you to walk consciously along the road of light and sacrifice, you are thus engaged in the service of the Lord; so God remunerates you by giving you intelligence, goodness, beauty, etc. And it is with this 'money' that you can 'pay' for all that you take from nature. If you are not engaged in the service of heaven you get nothing, and are therefore impoverished, with no 'money' to pay for what you take. You eat, you drink, you breathe, you walk around, you make transactions, but sooner or later the creditors - the forces of nature - come to take everything away, because negligence, laziness, disrespect and ingratitude are not acceptable payment. So then the creditors take their 'money' from the flesh and the bones of their debtor: they take his or her life. **(NOVEMBER 29, 1999)**

Whatever faults you may have committed, nothing can stop you from returning to the path of salvation, if that is what you really desire. Tell yourself that heaven has more confidence in a person who has erred and repented than in someone who is blameless. Why? Because someone who has never made a mistake is liable to stupid errors. He lacks experience and is therefore not yet dependable; he can blunder blindly into difficult situations, sooner or later meeting his downfall. Whereas somebody who has suffered in the devil's clutches will resolve to escape in order to fulfil the will of God. Providing he manages to extricate himself, heaven will be glad of his services, saying, 'At last! Here is someone we can be sure of!' Of course, that does not mean that you can indulge in all sorts of wild behaviour with the idea that you will then be better able to advance, because it may then take centuries to sort yourselves out. Anyway, all of you have made quite enough mistakes as it is, so now is the time to learn wisdom and offer your services to heaven. **(NOVEMBER 29, 1998)**

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For years you have been trying to improve yourself, to transform yourself, but without success. This is because you are not using the right methods. There are many good methods, but for today I shall restrict myself to explaining just one. Turn to Heaven and say: 'All right, I understand, there is nothing I can do about my lower nature. It is stubborn and tough and I shall never be able to change it. Oh celestial entities, it's true that after so many wasted years I have finally understood, I shall never gain anything from it. My lower nature is limited, blind and wicked. So send me the purest and most perfect creatures to replace it, so that these creatures may set up home within me, so they may guide me, teach me and take charge of my entire life, so that I in turn may realize your plans, even despite myself.' This is one of the best prayers in the world. And if you say this prayer with sincerity then you cannot fail to improve yourself, transform yourself. **(DECEMBER 12, 2000)**

The issue of freedom is far from clear in people's minds. Those who believe that being free means to be dependent on nothing and no one do not realize the danger they are in; since their heads and souls are empty there are voids everywhere into which all that is negative and dark is ready to rush. They want to be free, yes, but in reality they end up being totally drowned by other forces they do not know. You see this all too often. The devil will find work for anyone whose mind is not filled with divine thought: He will coax this person into dangerous adventures and acts of extravagance and foolishness, which of course lead to the usual consequences. And this because they were 'free' – or so they thought.

We must be committed, filled, occupied, taken over by Heaven. Only then are we shielded and truly free. Nothingness does not exist, which is why you must do everything in your power not to be freed from Heaven and the light; you must put yourself at the disposal of the celestial forces in order to receive endless blessings. Human beings can find freedom only if they are committed and submit themselves to Heaven. **(DECEMBER 12, 1999)**

The day you decide to place God, the Master of the Universe, at the head of your life, angels and archangels will follow Him to keep Him company, and for you it will be the beginning of a true transformation. But for this to happen, you must first speak to the Lord saying, '*Lord, I want to do your will, not mine. Come and dwell within me, I have prepared a place for You,*' and continue to work in that direction. In the end, when the Lord feels that conditions are right for Him, He will come and with Him will come angels which will dwell in every part of your being. Do you realize this? Just one change at the head and everything is transformed; it cannot be otherwise. If the Lord decides to dwell somewhere, do you expect Him to come alone or be surrounded by devils? No, He is accompanied by a host of luminous and beautiful entities that come to sing in His presence. **(DECEMBER 14, 2001)**

A true spiritualist dedicates his life to Heaven saying, '*From now on I will work for the Kingdom of God. I will abandon all these futile occupations, all these passing pleasures that bring me nothing.*' By doing this, he releases within himself spiritual energies that were paralyzed and enslaved by ordinary, everyday habits and he can at last bear fruit.

Look at a tree: When it is invaded by insects and caterpillars, it cannot bear fruit and we must rid it of its parasites with insecticides. In the same way, someone who gives in to laziness and the basest pleasures attracts parasites, dark entities of the astral world that come to nourish themselves through him. They invade his body, will, heart and intellect; they suck up the sap that should nourish his higher self. Yes, this is true: Human beings shelter within themselves other beings that drain them of all their energy. To get rid of these parasites, they must dedicate their whole being, all their activities to Heaven and it is then that they will bear only succulent fruits.

(DECEMBER 17, 2001)

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However great the successes and victories in your inner life may be, keep your modesty. And to stay modest you must think it is not you who should be given the credit, but the Lord, who gave you these gifts, these qualities with which you were able to overcome the obstacles in your path. So, each time you have achieved something, say: *'It is not to me, Lord, it is not to me, but to You this glory is due.'* Otherwise you risk falling into the clutches of arrogance and vanity, and that has already happened too many. So when you are being congratulated, when you are being told you are wonderful, extraordinary, repeat this formula: *'It is not to me, Lord, it is not to me, but to You this glory is due.'* Without wanting to, other people can set traps for you. They keep singing your praises and you end up believing them, and therein lies the danger. You must work for the Glory of God and if people praise you, then you must transfer this praise to Him. Only then will Heaven consider you a true servant of God. And remember that your true glory is not your personal glory, but the Glory of God. **(DECEMBER 21, 2000)**

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Encyclopedia Initiatic Science

Book 44: Becoming a spiritual Disciple

In an Initiatic school, the disciple works at strengthening in himself the feeling of respect, love, adoration and gratitude towards the deity. Whatever activities he has, he first tries to cultivate an attitude of wonder in face of the beauty and greatness of his Creator. This attitude allows him to feel a circulation of luminous energies, which he knows will bring him the greatest blessings.

However interesting the activities human beings may be engaged in: poetry, music, scientific research, etc. and however fascinating the experiences they may have, those and only those, who know how to cultivate a sacred attitude towards the Creator will find fulfillment. They have learnt to unite with a realm that surpasses them and approach such a realm with humility, respect and adoration, in the silence of the soul. **(FEBRUARY 21, 2001)**

A true initiate, a true disciple always looks natural, simple and approachable. Why would you want to draw attention with superior or inspired looks? You might say, 'You mean we must not show our spiritual acquisitions? – Yes, you must show them. – And how?' Since you have worked on yourself, since you have called on the spirit to shape you, sculpture you, then let your body, the features of your face, your posture and gestures speak in your favor. And you, stay simple and natural. Why impose yourself artificially? Since you follow a spiritual teaching, understand that your qualities – wisdom, purity, nobleness – will manifest naturally, without the need to adopt poses or make speeches to emphasize them. Simply let your interior work speak for itself; even without your knowing it, it will bear witness to your qualities. **(FEBRUARY 25, 2001)**

The palm tree is a tree that grows in the sands of the desert where the sun is fierce and water is scarce. The palm tree, however, says: 'This is what I can do in the worst of conditions,' and it produces dates, which are sweeter and more mellow than any other fruit. The palm tree is a true alchemist: It transmutes sand into sugar. On the other hand, another shrub planted in the very rich soil, kept well watered and growing in a favorable climate, only manages to be a blackthorn, producing bitter fruits. Many people resemble the blackthorn: they live in favorable conditions but, even so, they bear bitter fruit, they are always complaining. This shows that they are not aware of the riches they possess within themselves and do not know how they can make use of these riches. They should meditate on the image of the palm tree which flourishes and bears fruit in the worst conditions. That is why it is said in the Psalms: 'The righteous flourish like a palm tree.' **(SEPTEMBER 1, 1999)**

For far too many people, spirituality consists of reading esoteric books. They do not understand a great deal of what they are reading and it is all of little use to them because it is all merely theory – theories that are not always very accurate or even contradictory at that – which they can make no sense. But what does it matter? And so they continue to devour their books. When will they understand that spirituality is about choosing a few methods and studying those well and putting them into practice. Because what really matters is life, the divine life human beings must live. Divine life will bring them all knowledge of Heaven and earth. People who are content with just reading books are wasting their time. Even if they are able to explain the contents perfectly, they are fully aware that behind the explanations lurks a void, because no love, no light, no deep understanding emanates from them. Love and light are not obtained by reading but by applying the rules of initiatic science day to day. **(SEPTEMBER 2, 2002)**

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Many people cling desperately to this life because they are ignorant of the fact that they could enjoy another, better life after they die. To survive, they may commit all manner of crimes, thus incurring karmic debts which, sooner or later, will have to be paid. A disciple of an initiatic school thinks differently. Sometimes he may reflect, 'Life on this earth is nothing more than drudgery: I am limited, subjected to scorn and rough handling, tormented and overworked,' and he images the beauty of the divine world. But he also knows that he is here on earth to work, to repair past errors and he accepts to do so, because he knows that as soon as he has finished this work, he will live in the freedom of space. Spiritual people know this truth and that is why, even though they know that their true life is elsewhere, they remain convinced they must stay here on earth. As long as their earthly affairs are not in order, as long as the work that Heaven has given them has not been finished, nothing else matters. They do not ask themselves whether they would prefer to live or die; they only wish to finish their work. However, as soon as that work is completed, they pass on with great joy, because they know the effort of clinging to this earth is not worth the candle. **(SEPTEMBER 20, 1998)**

The majority of people have only a mediocre destiny because they seem unable to keep their inner bearings and lose their way: they oscillate incessantly between light and darkness, and that is why their future is always uncertain. Try therefore to channel your energies and direct them towards the luminous world of harmony and love: the Divine World. Even if every now and then some shadows appear, it will not be for long: as long as you keep to the right direction within your inner self, there will come a day when you do not wander off the path any more.

Human destiny is governed by precise mathematical laws. Just as your present condition is the result of all you have lived in the past, your future is determined by the direction you give to your life now. **(SEPTEMBER 22, 1999)**

If we observe how water is purified in nature, we will notice that there are two possible processes. By the first process, water disappears into the ground to be filtered slowly through the different layers, leaving behind its impurities as it goes, before emerging farther on as spring water. By the second process, water is heated by the rays of the sun, becomes lighter, rises in the atmosphere in the form of vapor and rejoices in light; it purifies itself by evaporating and then falls back to earth in the form of dew or rain, bringing life to the vegetation.

As for water, there are also two means of purification for human beings. The first – unfortunately the most widespread – is for people to let the events of life make them go through great suffering, which presses and crushes them until they understand that they must rid themselves of obscure and unhealthy elements that they have nourished within themselves. But the disciples of initiatic science choose the second method: Each day they expose themselves to the rays of the spiritual sun and make some effort, through their mind, to ascend to the sun so as to absorb the most luminous elements, which will purify them. **(SEPTEMBER 26, 2001)**

The long-term destiny of human beings is to become like God himself, each day drawing closer and closer to His Wisdom, His Love and His Power, manifesting these qualities in their own lives. But along the way toward that great destiny, there are small, previously determined destinies we must cope with.

For instance, the destiny of our feet is to carry our physical bodies and walk in the direction indicated by our heads. Sometimes a foot lashes out and kicks someone, but that is not truly its destiny. The predetermined destiny of the hands is to create and bless; they can also harm and destroy, but that is not their true destiny. The predetermined destiny of the eyes is to look, to

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take in images and light; they can also give out withering looks, but that is not their destiny. And it is the same for all the physical organs.

Now, what is a human being? We are a synthesis of all these predestinations, and it is our job to direct and organize them, because they serve as the means toward our great and distant destiny: To become like our Heavenly Father. **(SEPTEMBER 28, 1998)**

A materialist believes in the reality of the visible world and a spiritual person believes in the reality of the invisible world. It is this belief that gives them powers on one or the other world. A materialist has very little power in the plane of thoughts and feelings, because they identify too much with the physical plane. The danger for them is therefore that they are incapable of resolving problems in their inner world. The danger for a spiritual person on the other hand lies in the fact that from the moment they become capable of changing the flow of their thoughts and feelings, of transforming their sorrow into joy, discouragement into hope, they tend to imagine they are also easily capable of changing the outside world. Well no, our psychic faculties bring us into contact with the spiritual world and enable us to live in light, love and joy, and although this world is a reality, it is not a concrete, material reality. The objective world and the subjective world both exist and rather than confuse the two, a spiritual person must know where the correspondence between these two worlds lie and must then adjust them so as to carry out their work effectively. **(SEPTEMBER 30, 2002)**

Sight, hearing, smell, taste, and touch...our five senses connect us to the world around us. Consider the fact that we can hear sounds from a distance and see things at an even greater distance, but to feel and touch things we must get closer and closer to them, and to taste them we must even put them in our mouth. So the five senses can be classified. Hearing and sight leave human beings freer, while smell, touch, and taste tend to ensnare them, because they require them to come closer to objects and other beings.

But it is often the case that the higher senses - sight and hearing - lead people to the lower senses. Yes, eyes and ears try their utmost to sign contracts with the nose, the mouth, and the hands! A man marvels at the beauty of a woman, at the sound of her voice...Will he be satisfied merely to look at her and listen to her? He will not rest until he can get closer to her and breathe her perfume, caress her, and embrace her. But a spiritualist knows that he can break this contract, that if at times he resists approaching people and things in order to feel, taste, and touch them, he will make greater contact with their subtle being by means of his ears and eyes, and he will be freer. **(OCTOBER 2, 2003)**

Most human beings view the approach of old age with anxiety. For many, in fact, old age is a very unhappy time because of the way they have lived previously. They have wasted their energies in ordinary, useless activities, and then when they have almost nothing left, what can they expect from old age? But for the disciples of initiatic science, old age is the best period of life, because the years of searching and inner experience have given them clarity, peace, and serenity.

Obviously, even for the person who lives a sensible existence, old age will arrive one day with its inconveniences: weakness and illness. But those who have done real inner work will go through these times with greater confidence and tranquillity, never ceasing to enrich themselves spiritually. **(OCTOBER 4, 2003)**

The sacred books are the work of exceptional beings who, through prayer, meditation, and contemplation, succeeded in attaining the world of sublime truths. To understand these works,

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we must be able to vibrate on the same wavelength as these great beings and to follow the same path as them. And in order to do this we must begin by adopting their lifestyle, because lifestyle is everything. It is their lifestyle that has enabled the prophets, the initiates, and the great masters to approach the divinity, and it is this that you must adopt in your turn, for there is no other way. Do not worry about understanding the Bible or other sacred books right away, because they are often difficult to read; read them, but do not be troubled by them. But at the same time, work on yourself; impose a discipline on your life which will bring you closer to the world of the spirit. Jesus said to his disciples: 'I still have many things to say to you, but you cannot bear them now. When the Spirit of Truth comes, he will guide you into all the truth.' Without this contact with the Spirit, which one can obtain only through true asceticism, no understanding of the sacred books is possible. **(OCTOBER 5, 2003)**

He who embarks on initiatic tuition seeking to gain knowledge that will give him power, money and glory, exposes himself to grave danger. What he does not realize is that he is playing the sorcerer's apprentice with the powers of the mind and the soul, and that he will release formidable forces, even within his own body, which he will soon no longer be able to control. We have in the past seen people who have devoted themselves to occult science and who have ended up in trouble, to everyone's surprise. For years these people portrayed an image of wisdom and spirituality: All that concerned them was meditation, thought and study. And then one day, as if an uncontrollable force had taken hold of them, they succumbed to senseless acts of debauchery and violence: The few successes they had achieved had completely turned their heads. What they should have realized, however, is that the more you seek to elevate yourself, the more you must demand of yourself, becoming yet more disinterested and even more humble. **(OCTOBER 5, 1999)**

Matter is alive because it is animated by the spirit. If human beings are alive it is because their physical body is animated by the spirit. Human beings are therefore subjected to two influences: One from the spirit that stimulates them and the other from matter that paralyzes them and engulfs them. This is why they must always fight and if they are not vigilant, if they are not enlightened, they give in to inertia and become like a swamp, with its stagnating water full of bugs and producing miasma. People who allow matter to dominate, who do not spiritual work, run the risk of stagnating. The disciple, on the other hand, is someone who opens the doors to the spirit, giving it every opportunity to manifest and so the spirit, which then becomes king, begins to bring everything into harmony and enlivens and enlightens everything. **(OCTOBER 7, 2002)**

If human beings experience so many failures and difficulties in their lives it is because they are inwardly divided: The heart pulls one way, the intellect another and the will a third; the stomach wants one thing and the sex another. There is an old fable that tells of how an eagle, a fish, a mole and a crayfish decided to carry a burden together: The mole pulled towards the ground, the fish towards the river, the eagle up towards the sky and the crayfish pulled backwards. Well, you can guess how far they got with their burden! And this is exactly what happens most of the time with man, for there is nothing more difficult than to unite all one's different tendencies and get them to pull in the same direction. From time to time it can be done – but so rarely! And yet it is this unification of his different tendencies which alone can give man genuine balance and peace. **(OCTOBER 17, 1987)**

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A disciple is one who acknowledges the existence of a higher world, a world to which he is subject, of which he is the servant. His desire is to learn, to carry out the designs of this higher world and do its will. And this attitude changes everything: It means that he becomes a representative of nature and begins to dispose of means which are not his alone but which belong to the whole cosmos, to the whole of nature. He who clings obstinately to his own anarchistic philosophy will be reduced to drawing on his own limited resources and will gradually become poorer, whereas the disciple who, on the contrary, has understood the advantage of serving the cause of Heaven, becomes gradually stronger and richer because he disposes of a divine, cosmic capital. **(OCTOBER 25, 1987)**

You decide one day to learn to play, let us say, the violin. So you go out and buy an instrument and music books and you begin to play. For the first few days you practise one or two hours each day, but very soon your enthusiasm starts to wane and you stop. One week later you go back to your violin and then once again you stop. And so it goes on, practice followed by lazy inactivity, according to your mood. But now imagine for a moment that you have a violin teacher. You practise regularly because you cannot go to a lesson without having prepared. And your teacher is always there to correct your mistakes or to give you encouragement. For this same reason it is necessary to have a master if you want to make progress in your spiritual life, because you have to make an effort for him. You say you do not want a master, that you will manage by yourself, that there is no need for someone to guide you. Very well. Do as you wish. But if it is not a master, then it will be life that takes charge of you, and life is likely to teach you some very hard lessons. **(OCTOBER 26, 2000)**

The disciple must take measures in order to ensure that his lower nature does not get the better of his divine nature. When he succeeds in a particular area, he must tell himself: 'It is not I who deserve the credit, but You, Lord,' otherwise he risks falling into the trap of arrogance. When you receive praise or you are being congratulated, be on your guard, do not allow yourself to become swollen-headed, but keep saying to yourself: 'It is not I who deserve the glory, but You, Lord.' Other people often unintentionally set you traps, and you could take their compliments so seriously that you become arrogant and pretentious, which poses a threat to your personal evolution. You must work for the glory of God, and if you are praised, transfer this praise on to Him: That is how your impersonal, disinterested side can develop. Heaven appraises you according to your attitude in order to know in whose name you work. Nothing is more important for a disciple's true glory than glorifying the Lord. **(OCTOBER 26, 1999)**

Disciples are people who think only of using their time, energy and all the materials nature and the Lord has given them to progress and realize the highest ideal. Just like the good slave in the Gospel who was given several talents by his master before the latter went on his travels, disciples do not bury their talents in the ground, like the bad slave, leaving them non-productive, rather they work to make them bear fruit. Disciples are intelligent, sensible servants who want to use everything Heaven has bestowed on them to do divine work. Be it air, water, food, be it thought or feeling, be it their bodies, their eyes, their ears, everything that exists in nature, they are able to put all these things to work. And whereas many waste their time, fritter away their strengths and become weak and impoverished because they have no working method, disciples grow richer every day and let others benefit from their acquisitions. **(OCTOBER 27, 2000)**

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Unless you are alive and well nourished to begin with, you can philosophize or do scientific research or practise the arts until the cows come home, but it will all be in vain. Therefore, what is of prime importance is that you are well nourished and alive, and then, if you have the time and are so inclined, you can practise all the disciplines you wish.

Universities and academies give students a great deal of learning but no nourishment. That is why students tend to stagger along on unsteady legs, with empty hearts and a fog before their eyes. Students in the school of great initiates fare very differently: There they are well nourished, and when they become strong and robust they are given a plough, taught how to till the soil and encouraged to get down to hard work. You may say, 'But we can't want to till the soil!' Obviously, this is symbolic: The earth I am referring to is something we all possess – our minds. Those who know how to work their own soil and plant good seed in it will eat their fill to the end of their days. Others may find their plot full of thistles, thorn bushes and brambles – not only useless, but also harmful, both to themselves and to all their near and dear ones. **(OCTOBER 27, 1998)**

Disciples of an initiatic school must do all they can to settle harmoniously any problems with those near to them, otherwise, they will create new karmic debts. Why do members of the same family have to settle their arguments over money in court? Why are they not above all that? Why are they so attached to their own interests and possessions? It would be so simple to make a generous gesture and be free of this pettiness. To begin with, of course, such a gesture would not come easily – it would go against the grain and be a difficult step to take. But if a reconciliatory gesture could be given, whole new worlds and fresh insights would open up and these people would be the proudest and happiest of all, because they would have achieved something very hard to do: They would have conquered their inferior, greedy and possessive natures.

The lower nature ceaselessly counsels people to defend their interests with tooth and claw, even to the point of fighting in the courts of law. And these same people believe they are capable of following a spiritual teaching! But no, they are not. **(OCTOBER 28, 1998)**

Vigilance is vital to spiritual progress. Therefore, every moment of the day, be aware of what enters you and what leaves you, analyze the thoughts, wishes and feelings that go through you, but also analyze the energies that leave you. It is in your inner laboratory that you must examine the reality of things and ascertain whether you are moving forwards or backwards. If you are not aware, how can you know what is going on?

There have been times when I have asked someone: 'What are you thinking about?' and their reply has been: 'I don't know.' I find this really quite astounding. Currents and entities are entering and leaving these people and they are not even aware of the comings and goings. How can people like that be in control of the situation? They will always be weak and defeated. Whatever the currents passing through you, you must recognize their nature, the regions from which they have come; this is how you will progress. In an initiatic school there is only room for people who have awareness. **(OCTOBER 29, 2002)**

Learn to look upon men and women with a feeling of sacredness, and behind their appearance and behind their shape of their body or their face you will discover their soul and their spirit which are the son and daughter of God. If you can let your attention rest on their soul and their spirit, all God's creatures that you have neglected, abandoned and despised in the past will seem extremely precious. Heaven, which sent them on earth in all kinds of disguises, looks upon them as treasures, as receptacles of Divinity. So, whenever you meet anyone, instead of focusing on their physical appearance, their wealth, their position or their education, look at their

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soul and their spirit, otherwise you will never come to know their quintessence. Tell yourself that, in the eyes of God who created them, even those who walk around on earth as beggars or tramps are princes and princesses. **(OCTOBER 31, 1999)**

There is no nobler activity than to participate in the work for the coming of the kingdom of God and his righteousness. You have to be aware of this and participate with all the means you have, great or small, even with your weaknesses and deficiencies – no matter – just participate. When there is an election, no one insists that people be necessarily smart or able in order to vote; even idiots can vote. Well, we too must vote for the kingdom of God and his righteousness, participate in the coming of this kingdom of earth and be happy and proud to do so. In the eyes of Heaven there is nothing more important. It is true that most people participate to a certain extent in all kinds of enterprises, but most of the time these enterprises are mundane or worse – stupid, pernicious or even diabolic. Whereas here, we offer you the most glorious and sublime enterprise in which you can participate: the kingdom of God and his righteousness, the Golden Age. **(NOVEMBER 1, 2001)**

People and things may help us, but we must never count on them absolutely. Since they are exterior to us, they may not always be available; one moment they are there, and the next they are elsewhere. The true adept of initiatic science learns that he must look inside himself for what he needs to live in plenitude. Because it is in his soul and spirit that God has deposited all riches. And since they are within him, they remain with him. Of course, the exploration of this terrain is a long-term undertaking that demands daily effort, but it is worth it. The nourishment we obtain from the sublime realms of the soul and spirit satisfies us for days and days, and nothing can take away this sensation of immensity and eternity. **(NOVEMBER 4, 2003)**

Disciples must do their best to master their own consciousness, so that they do not give in to all kinds of forces threatening to control them. The inner voice of a disciple must speak stronger and louder than any other, in other words, than the voices of the belly, stomach, genitals, liver, brain and heart, which constantly send out their representatives to make demands. Of course disciples cannot prevent some suggestions, in the form of images or instinctive impulses, from reaching their spiritual work, but they must learn to control them. Only then will they be able to lead independent lives. Disciples are people who have understood that all the conflicting forces of will within them must be controlled and enrolled to work in the interest of their whole being. They impose upon their being the law of the spirit and thus their consciousness becomes superconsciousness. **(NOVEMBER 5, 2000)**

When Jesus said, 'It is not meet to take the children's bread, and to cast it to dogs', he was talking neither of physical bread nor of physical dogs. Both must be understood symbolically. The bread is that which is prepared by our hearts, minds, souls and spirits for the nourishment of angels and archangels and other heavenly entities, and we must take great care of it. We must not allow it to be eaten by 'dogs', that is, by animals of the astral plane. Blessed are they who are impregnated with this thought! Divine entities sometimes come to visit us, but if the inferior entities of the astral plane have already devoured everything they go away again. This is the truth about. From time to time sublime visitors, royal guests, come from the invisible world to give us some of their experience, virtues and light, and when they come we must be ready and able to put before them the kind of food they like. **(NOVEMBER 5, 1995)**

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Why are there so many people who are mentally, spiritually and emotionally unbalanced? Because they have developed the feminine principle too much within themselves, the principle that is passive and receptive. These people unreservedly open themselves up to all influences and after a time they lose their way. They should therefore ponder, study, analyze the effects these influences have on their inner life and only accept those which are beneficial and reject the others. In other words they must develop the masculine principle within themselves. And this is particularly true for people with mediumistic faculties in that they imply receptivity. The crystal ball used by some mediums as an aid to their clairvoyance is the equivalent to the feminine principle in nature – water. Being a medium implies being receptive to spirits and energies in the invisible world. But these spirits and energies are not all luminous, pure and beneficial. It is therefore important for all those with natural mediumistic gifts to train themselves to determine the nature of these psychic energies and to develop their will so that they can reject the dark energies. **(NOVEMBER 6, 2000)**

True anarchy is the refusal to conform to divine laws. The disciple of light fears anarchy more than anything else, knowing that, if he accepts it, it is first deep down inside himself that he will be entangled in disorder, imbalance, disintegration, etc. Even our health depends on the recognition of a universal order. When we begin to introduce order within us, everything calms down, is balanced, harmonized, enlightened and strengthened, revives and becomes more attractive. We begin to vibrate in unison with the whole cosmos, with all the celestial regions, and we become like a source, like a sun ... something that radiates and flows. Every one of us should strive toward this ideal instead of leaving our door wide open to all the harmful currents that float everywhere in the form of philosophies or ideologies hostile to the divine order. Whether it be an individual, a family, society or country that lays itself open to these bad currents, it would destroy itself; the law is implacable. So, be aware of this and do everything you can to be in harmony with the divine order. **(NOVEMBER 7, 2001)**

Imagine a man who would visit a foreign country and proclaim, 'Gather together, call out the fanfares, pay me tribute, I will explain the reason of my visit ...' People would laugh at him ... and perhaps even put him away somewhere. People will not acknowledge somebody who appears in this way in his own name. But now here comes an ambassador from the United States for example; even if he is small, puny and sickly, he is welcomed with great honors. Fanfares play, soldiers parade, everyone bows before him, because he comes on behalf of the United States; and since the United States is a vast and rich country recognized in the world, it is to the United States, through him, that they pay tribute. The same thing applies to a human being in relation to the luminous entities of nature. If a man presents himself on his own authority without having anything on him that commends him to their attention, they will not recognize him. They ask him, 'Where do you come from? Show us your credentials!' And since he has nothing to show that is greater or more revealing than himself, they send him back. But if he bears signs of his conformity with the divine order, they will recognize Heaven through him, greet him and give a reception in his honor. **(NOVEMBER 11, 2001)**

Suppose you own a field and in this field you plant both rye grass and wheat at the same time. Both will grow together, because the soil nourishes all seeds, the good as well as the bad. You cannot tell the soil it is stupid, that it should have suffocated the bad seeds and let only the good seed grow, because it will reply: 'I don't understand what you're saying. My job is to nourish and protect all seeds, without concerning myself with their qualities. As far as I'm concerned everything is good, even the bad is good.' And it is the same with your inner soil. If you sow good desires then the harvest will be wonderful, but if you sow bad desires, Nature will also

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nourish and strengthen them because bad also has scope to grow. Until when? Until harvest time. This is when the master of the field will give the order to burn the weeds and to fill the stores with the good grain. And this is what Jesus explains in the parable of the good seed and the weeds. He knew bad has as much right to grow as good. It is up to man not to sow the bad.

(NOVEMBER 12, 2000)

A disciple has to cultivate sensitivity. I am not talking about the sickly, neurotic sensitivity which is mortally wounded or incapacitated by the slightest word, the slightest criticism. Unfortunately, everybody already has that kind of sensitivity; it is all common, but that is not true sensitivity. True sensitivity is the capacity to perceive what is going on in the invisible world; to sense the currents and invisible entities that surround us and come in and out of us. The fact is that there is much more going on in the psychic world than in the physical world, so it is there, in the psychic world that we should learn to sense thoughts, feelings, currents, the presence of invisible entities and all that is subtle and intangible. True sensitivity, therefore, is sensitivity in respect to the invisible world and, above all, to all that the invisible world contains that is most luminous and divine.

(NOVEMBER 17, 1988)

The higher world and the lower world are not separate, they are linked. That is why, when you have a very elevated, very spiritual wish, it can immediately provoke your lower nature and then arouse negative forces. Yes, those magnificent things you desire on high awaken contradictory forces and desires in the roots of your being! These tricks of the lower nature triumph with much greater difficulty in the disciple who is instructed and enlightened, because he knows that he must take precautions. At the same time he is building his inner temple, he positions around himself beings that watch over and protect him. In early freemasonry, whose philosophy is based on a true science, the mason is represented working with a trowel in one hand, and in the other a sword with which to defend himself. So, while the mason is busy building, he is also vigilant, he makes sure that in the cover of darkness certain enemies do not try to worm their way into his fortress.

(NOVEMBER 18, 2003)

Man has every possibility within himself, but he does not know it. And this is why he always looks elsewhere for the means to solve his problems; always outside, never inside himself. But the means he finds on the outside are only suitable for working on matter; they are of no use in helping him to transform himself inwardly or to work on his soul and spirit. When it comes to developing his physical body, that is all right: He can use various instruments or external forces, but when it is a question of becoming one with God the only effective means are those he finds within himself. This is why it is so important for a disciple to explore and develop all the possibilities God has implanted in him. When God created us He gave us all the means we needed to reach perfection and fulfillment. These means reside in our powers of thought; for this reason it is important to acquire the habit of working every day to unite oneself with God and to learn to love this work.

(NOVEMBER 21, 1987)

The wealth of a spiritual person is something so subtle as to be imperceptible and yet, once he becomes aware of this wealth, all Heaven and earth are his. Why can't people understand this? Some say, 'I do understand. I know perfectly well that our material possessions cannot last, that they never really belong to us and that we're going to have to abandon them one day, because we can't take them with us. But even though I know it's wrong, I prefer to live a materialistic life, because that is the life I enjoy!' And, sadly, that is the way it is: When the mind recognizes the merits of one thing and the heart yearns for something else, what will the will do? It will do

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whatever the heart commands. If you want to live that vast, rich, unlimited life, it is not enough to understand, you also have to love it. **(NOVEMBER 24, 1987)**

The more you unite with the divine Source, the more you attract luminous entities that come to help and support you. This is how you become strong, radiant, in control of yourself and in possession of the powerful keys of realization. If there is anything you should fear, it is to do something that would send these divine craftsmen away from you, for each fault produces dark and sickening emanations that these invisible friends cannot bear.

Only one thing attracts them: the pure and harmonious ambience created by a person who has succeeded in placing God at the summit, at the center of his life, and who prays and meditates to keep this link with this summit, with this center. Gradually his soul opens up to the point of feeling – of even seeing – these celestial workmen run the waters of the river of life over him and illuminate him with their rays. **(NOVEMBER 26, 2001)**

Disciples of an initiatic school must assume their obligations and work for their living so as not to be a burden to others. At the same time they must take the time to nourish their soul and spirit and be ready to work as a true son or daughter of God in the vineyards of their heavenly Father. We are on earth in order to accomplish great things ... and so much remains to be done! Many people think of nothing but gaining a prominent position in society; they have forgotten the commitment they made in Heaven before coming to earth. No inner light shines from them, but as they are impeccable and irreproachable from the point of view of conventional values, they think they are fulfilling their task perfectly. No, one cannot fulfil one's true task in life by succeeding socially. One has to devote some time every day to the development of one's soul and spirit, so that their light may at last impregnate the matter of one's physical body.

(NOVEMBER 29, 1995)

You have won a few victories over laziness, anger, jealousy, sensuality, and so forth...If you say to yourself: 'Oh! I have triumphed over temptation, how strong I am!' know that at this moment, in fact, your lower nature is preparing traps so subtle that you will undoubtedly fall into them. You do not yet know the tricks of the lower nature. It is when you are the most confident that it takes the upper hand and succeeds in surprising you the most. You must remain humble, and do not delude yourself about the few small results that you have obtained. A true disciple realises that the feeling of having carried off a victory exposes him to every danger, and he says to himself: 'Who knows what is waiting for me now? I must not be triumphant, it is too soon!' And not only does he remain vigilant, but he begs God to send him His aid. **(DECEMBER 12, 2003)**

If a disciple realizes that he is unable to manifest the qualities that he believes he possesses, he must not be discouraged or impatient. If he gets discouraged or angry with himself or others or, even, with the Lord, it is a very bad sign. He must learn to be more humble, otherwise it shows that his reasoning is at fault. And when this happens it is always because the personality has managed to slip in when conditions were particularly favourable and lead him astray. It is as though Heaven had sent him some difficulty or a messenger to prick him and nip at his heels or make a few disturbing suggestions, just to see what would happen: and what happens is that he gets upset, which proves that he was not ready to face up to a severe trial. Yes, Heaven sends us these little tests so that we can get to know ourselves better. **(DECEMBER 12, 1987)**

A true spiritualist dedicates his life to Heaven saying, 'From now on I will work for the Kingdom of God. I will abandon all these futile occupations, all these passing pleasures that bring me

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nothing.' By doing this, he releases within himself spiritual energies that were paralyzed and enslaved by ordinary, everyday habits and he can at last bear fruit.

Look at a tree: When it is invaded by insects and caterpillars, it cannot bear fruit and we must rid it of its parasites with insecticides. In the same way, someone who gives in to laziness and the basest pleasures attracts parasites, dark entities of the astral world that come to nourish themselves through him. They invade his body, will, heart and intellect, they suck up the sap that should nourish his higher self. Yes, this is true: Human beings shelter within themselves other beings that drain them of all their energy. To get rid of these parasites, they must dedicate their whole being, all their activities to Heaven and it is then that they will bear only succulent fruits.

(DECEMBER 17, 2001)

Every disciple of an initiatic school can be compared to the knight Percival, who goes in quest of the Grail. But in reality it is within himself he must left this quest for the Grail. The Grail, this cup, is our body and I do not mean only our physical body, but also our astral body (where our feelings dwell) and our mental body (where our thoughts dwell). Since we are alive it means our platter is the receptacle of divine life, of the blood of Christ, the spirit, but this receptacle is not perfect. A great deal of effort is still required before we gleam like the Holy Grail and before we produce the same marvelous effects. According to the legend it is knights who went in quest of the Grail because the virtues needed for this inner work are those generally associated with a knight, in other words, intrepidity, tenacity, loyalty, fidelity and nobleness of character. And our teaching gives all the methods to develop these virtues.

(DECEMBER 26, 2000)

Whatever may happen, a true spiritualist never interrupts the divine work he has undertaken. Even amidst the worst trials, he tells himself, 'Here is a good opportunity once more to mobilize all hostile forces and put them to the service of my work.' Whereas most people, even if nothing bad happens to them, manage to demolish all the good they have acquired through sheer carelessness. So, they build, they demolish ... they build, they demolish ... and that is why they never really obtain results. To obtain results, we must never abandon the work undertaken but use everything – the good and the bad, joys, sorrows, hopes and discouragement – in its service. Yes, everything in the service of work. This can truly be called 'building', for each day adds new elements.

(OCTOBER 11, 2001)

In the mind of a disciple, to adapt oneself means to be understanding, perceptive and intuitive, to be tactful and capable of knowing just what to say and when and how to say or do something; in other words, to have exactly the right attitude. And this must be done without the loss of one's ideal, that is to say, with complete honesty, integrity and rectitude and without betraying or compromising any spiritual principles. Adaptability understood in this way depend on the flexibility of one's character and the subtlety of one's intelligence.

While showing himself to be flexible, a disciple must remain firm and unshakeable in his convictions. Even if he is chopped up in little bits, a true servant of God is unshakeable in his love and invulnerable in his faith!

(OCTOBER 13, 1988)

True artists are people who want the beauty and harmony of creation to pass through them, to be reflected through them. This is why they use their own flesh as sculpting material, as painting-canvas, and their chisel, their brushes, are their thoughts and feelings.

Beauty is a living reality, whose source remains hidden deep within a person and which, when it gushes forth, impregnates the entire body, the skin, the eyes, the smile and even the voice. But only luminous thoughts and feelings of unselfish love can bestow this beauty on you. And then

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everywhere you go you leave behind the scent of blossoming flowers and ripening fruit from the garden of your soul. **(OCTOBER 15, 2000)**

The evolution of a human being is measured by his ability to surrender with humility to the laws of nature, which are divine laws. He recognizes the superiority of the beings which have established these laws, he lives in harmony with them, and he carries out their will.

The evolution of a human being is also measured by his awareness of others and his efforts to influence them in a positive way. From such a person we may expect only the best and the most beautiful. Even though he may not be able to manifest himself as a poet or a musician, he is already on the path to poetry and music, because he is attuned to the laws of harmony and is linked to the divine world. As for those who do not care if they create chaos, it can be said that they are still very low on the ladder of evolution. Yes, an anarchist is not an evolved being. An evolved human being, an intelligent person, is always careful to respect an order that surpasses himself. **(OCTOBER 17, 2003)**

It is generally believed that you have to put your material affairs in order before taking up a spiritual life. You declare, 'First of all I need a job. Then I intend to marry and raise a family, and this will keep me busy for many years. Afterwards, however, I shall be free and then I can devote myself to the spiritual life.' It has escaped your notice that these thoughts are a cunning trap laid by your lower nature, your personality, to keep you as far away as possible from life as it really is.

If you try to sort out all your everyday affairs before espousing the spiritual life, you will never do anything, because material business is never finally settled: Unexpected things always turn up that have to be put right. Therefore, no matter what the state of your material affairs, you must set out on a spiritual path. For what reason? Because by putting a spiritual life in first place, you will be working on the world of causes, and thus you are preparing the best conditions for the gradual improvement of all your material concerns. **(OCTOBER 18, 1998)**

If you are capable of showing goodness and generosity do not be tempted to think the source of these virtues lives within you. No, the impulse that moves you comes from very far away and you are merely a conductor, a transmitter of the entities of love. These entities have chosen you as a messenger because you have been working in this direction and you hold the necessary elements, the appropriate state for this transmission. And if you have prepared your brain to become a messenger of wisdom then other entities manifest themselves through you to propagate light. And it is the same for willpower, purity, beauty, etc. Nature is faithful and truthful. She determines and classifies everyone according to their work, their ideal and so each of us becomes a medium for the entities attracted by our aspirations. **(OCTOBER 19, 2000)**

The more highly evolved a man is, the more intense is his life. In fact a disciple may be alarmed when he feels his life becoming too intense because he has the impression that something is going to explode. And it is true that his nervous system could break down. However, he can ensure that this does not happen by working so that his vibrations increase in intensity only gradually and progressively. The human organism can stand up to tremendous strain, but only on condition that it is not asked to do so too suddenly. The brain is like an engine that has to be warmed up gradually to avoid making it seize up. If you feel that your brain is liable to burst because of too much psychic or spiritual activity, what is to stop you from doing a little physical work, for instance, and getting rid of some of that energy in your arms and legs? You will quickly find your balance again if you know how to redirect your energy for a few moments.

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(OCTOBER 19, 1988)

Do not say you have no means of knowing if things are right inwardly, because you actually have a criterion by which to measure your inner state and this criterion is light. When you meditate or you are in a highly spiritual state, you can sometimes feel that everything in you becomes luminous, as if lamps had been lit, as if a sun were shining within. You even feel this light shining through your face, your hands, the whole of your body. Why? Because as soon as you elevate yourself towards the higher levels of goodness, generosity, gentleness and purity, light generates within you, you feel it, you see it and everything lights up. Whereas if you give into lower states of consciousness, you do not even have a look in the mirror, you physically feel the darkness on your face. So, never forget the criterion of light. (OCTOBER 20, 2002)

Music exists within us when there is harmony between our thoughts, feelings and actions. All harmonious agreement of thought, feeling and action exists as music. The ideal of a disciple is the realization of this inner harmony, which then enables him to attune himself with every living being here on earth and throughout the universe. Harmony is the basis of all our work together in the Brotherhood: inner harmony first of all and then harmony with all that exists. This is why we sing: in order to cultivate inner equilibrium, which is the prerequisite for harmony.

(OCTOBER 20, 1998)

The passions create a special kind of heat which arouses the animal nature in man. Most ferocious beasts of prey live in the equatorial forests of the world, where it is very hot. If a man lives a great deal of the time in his own equatorial regions (stomach and sex), he nourishes passions (beasts of prey) which begin to increase and multiply within him. When someone is hot with the fire of passion, his wild beasts become aroused. The heat of the passions should be avoided. This is why Initiates try to bring their disciples out of these hot regions into cooler regions, the regions of wisdom. Let me give you an example: If you are very rich and famous you are living in a hot climate of abundance, and your wild beasts are easily roused. If you cannot control them, you will indulge in a life of pleasure and begin to satisfy your own ambitions to the detriment of others and, in this way, you will gradually sink down into Hell. This is why it is far better for those who are weak not to be too well off materially, for in this way they will be in a better position to master their inner wild beasts. (NOVEMBER 6, 1987)

Money and possessions have always been a cause of division and confrontation for human beings. Just look at what happens in families, at the many dramas resulting from problems of inheritance. Greed and lust are the cause of permanent conflict not only in families, but in society and in countries. Yes indeed, the desire always to have more lies at the heart of any war. Whatever the motives people attribute to a war – and these are often very noble – the true motive is always to go and take something from the neighbour, be it money or land. If only people could be less self-interested, more generous, so many conflicts would be avoided. There is nothing wrong with wanting possessions, but this should not be at the detriment of others. And those who are rich should not keep everything for themselves; they should learn to redistribute this wealth. No being is richer than the Lord and his best representative on earth is the sun. The sun is so rich he overflows and he must distribute his riches so as to avoid exploding. Why not do like the sun? If not with material wealth, which you may well not have, then with spiritual riches. (NOVEMBER 4, 2000)

BOOK 44: BECOMING A SPIRITUAL DISCIPLE

You can only achieve the infinitely great by beginning to work with the infinitely small. If you wish to reach the Divinity, you must begin by concentrating on the cells of your body and be aware that each cell is a living entity. If you think each day about your cells – how to purify, strengthen and enlighten them – you will gradually feel the beginnings of contact with the Divinity, whose very being is all purity, strength and light. **(SEPTEMBER 5, 1998)**

The disciples of an initiatic school have a duty to fulfil: the duty to transform themselves in such a way that they inspire in those they meet the desire to follow their example. How can people fail to see the beauty of this endeavour? May they finally decide to begin a work upon themselves of which they will one day be proud. Pride, in fact, is one of the sentiments least prevalent among human beings today. When we meet people, something in their attitude, in their face, reveals that they are not proud. They might be vain or arrogant, and outwardly they may pretend to be something; but inwardly we sense that they are not as content or sure of themselves as they try to appear. To be proud of yourself because you feel you have accomplished your task, that you have done all you could do, is an extraordinary state of consciousness. There is no greater happiness than to leave this earth with the feeling that you have fulfilled your duty.

(SEPTEMBER 11, 2003)

If, despite their efforts, people fail to improve just a little while on earth, it is because they have not learnt to rise through thought to the contemplation of a world that surpasses them – the spiritual regions full of more evolved entities that could serve as examples and models for them. If people do not sense a superior reality somewhere, which can inspire their daily life, they will never be able to create something better, truer and more beautiful. And this is precisely the true work of a spiritualist. Yes, contrary to what some people think, a spiritualist is not some kind of scatterbrain who lets himself indulge in all kinds of wild, sterile imaginings. On the contrary, spiritualists are people who have a real discipline and who, with the help of meditation and contemplation, manage to grasp the perfection that is up above and try to reproduce it here on earth. This is the only way to achieve true transformation. **(SEPTEMBER 15, 2001)**

Life sends us all kinds of trials. But these trials have beneficial effects for some and harmful effects for others. Why? Why do some people succumb or become malicious whilst others strengthen their will-power, their love and their light? For all trials to be beneficial it is not enough to be sturdy and headstrong; thought and good sense need to have their say. The first thing a disciple must do when faced with a trial is to accept it by saying that, since he is the son of God, he has within him the means to overcome it. He must then find these means, which may be of all kinds. But the first thing to do is to accept the trial, and not to say: 'How can this be? Why is this happening to me?' It is happening to you and from it you must try to extract the elements that are most useful to your evolution. This is why you must love trials. But to love them is not go and look for them stupidly. They will come your way without your having to look for them. You must love trials simply because loving them is the best way to confront them. **(SEPTEMBER 20, 2002)**

BOOK 44: BECOMING A SPIRITUAL DISCIPLE

BOOK 44: BECOMING A SPIRITUAL DISCIPLE

Encyclopedia Initiatic Science

Book 45: How to work for Peace in the World

Today people gather all over the world to celebrate the first day of the year. In what state of mind do they gather? What idea or projects do they have in mind? Are many of them conscious that the most essential work Heaven requires us to do is to participate in the coming of the Kingdom of God and His righteousness on earth?

I have talked to you so many times about this important work! Try not to let your thoughts wander, always bring them back in one direction: justice and peace in the world. Even if we are not numerous, forces and energies emanating from us will accumulate in the divine reservoir and one day will give results. When? That should not be a preoccupation. We gather to ask for the Kingdom of God. Suppose our thoughts and desires do not succeed in attracting the Kingdom of God for the whole earth, it will at least come and dwell within us. It will be given to us because we will have worked for it. We have nothing to lose if we work for a high ideal.

(JANUARY 1, 2001)

People say such complicated things about spirituality, but actually it is all so simple: just choose an elevated thought or feeling, and concentrate on this day after day with all your love and attention, working away at it as if you are digging out a little inner furrow. Once this furrow has been formed, all your spiritual work will flow more easily. But please take this seriously. I have revealed so many truths to you, and supplied so many methods for your use, and now the decision is yours: make full use of them so they become part of you, and produce results. This is what 'living a spiritual life' means. Spirituality is not just an imaginary, airy-fairy subject, providing comfort and a topic for conversation. The word 'spirit', which is the root of the word 'spiritual', must not be made into an excuse for weird and wonderful fantasies. 'Life' is the key word in the expression 'spiritual life'. Yes, 'living' means investing divine realities with firm substance and form, integrating them solidly and unshakeably into yourself. Work like an engraver etching a fine design in matter - the matter of your own being. This design is a truth, or a word such as 'love', 'light', 'peace' or 'goodness'. Such words are precious gems which will, one day, become brilliantly encrusted in you.

(JANUARY 1, 1999)

Only when you have successfully found the place which is truly yours can you taste joy and peace. You will say: 'The place? What place is that?' Obviously, the word 'place' has several meanings here: element, country, house, job, role, ideal. We often see people going this way and that without ever settling anywhere. They cannot find their place; they are rootless and unhappy. What they need is to be planted in fertile soil where they will begin to germinate. Until then, they are like seed in a barn waiting to be sown. When a seed is planted in good soil, it grows and bears fruit. It says, 'At last, I have found my place,' for its place was not in the barn where it would have gone mouldy or been eaten by mice. In the same way, what each one of us needs is to be sown, to be planted in spiritual soil.

(JANUARY 2, 2004)

When in your prayers, you ask for light, love, peace or even simply good health, the sincerity and fervor of your prayer elevates you into another plane. You think that through your prayer, you address God. Yes, no doubt this is so, but God dwells within you as well as outside of you. You are therefore addressing this higher power within you when you pray. And because this higher power dwells within you and you are in contact with it, it responds, through currents of

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intense and pure life, and as they flow through you, they enlighten and harmonize everything in their path. Prayer involves a similar movement to breathing: you ascend as you pray and this ascent is the breathing-in, the inspiration and when you receive the reply, the blessings from Heaven descend upon you, and this in turn is expiration. **(JANUARY 4, 2002)**

Someone who has too much faith in himself provokes others: he makes enemies and has to spend his time confronting them and settling scores. He should call himself into question a little and say: 'Since I am not especially wise, nor particularly virtuous, nor very gifted, I will put my trust in him who is omniscient, all-loving and all-powerful.' Thanks to his misgivings about himself and to his faith in God, he allows the Lord to enter into him. He allows the Lord to manifest through him, and wherever he goes he is a force for peace and harmony.

It is when you humble yourself before God that he expresses himself through you and you obtain true power, spiritual power. Your salvation lies in the awareness that you are almost nothing by yourself, that your greatness comes from God alone. You may 'believe in yourself', but only if, through 'yourself', you believe in God. It is he alone who merits our faith.

(JANUARY 10, 2005)

One of the best spiritual exercises is to meditate on light. Leave aside all your other preoccupations and concentrate on light, as if your life depended on it. You may imagine this light as a being colored, but it is preferable to picture it as a being white, because white is the synthesis of all the other colors. White brings together the omnipotence of violet, the peace and truth of blue, the wealth and eternal youth of green, the wisdom and knowledge of yellow, the health and vigor of orange and the strength and dynamism of red.

Once you are really able to concentrate on light, once you feel it as a living, vibrating, quivering entity where all is peace and fulfillment, you will begin to become aware that it is also music, this cosmic music we call the music of the spheres, the song of all that exists in the universe, and you will breathe in the fragrances that emanate from it. There is no work more worthy and powerful than your work with light. **(JANUARY 10, 2002)**

We can never stress enough to human beings the importance of creating focal points of light and peace to neutralize the dark, chaotic currents circulating in space. It is time they learnt how cosmic forces work. Physics show us how to calculate the result of two forces; this same law is not only on the physical plane. If a few thousand people work sincerely for the good of humanity on one side and on the other side, billions of others are only concerned with their own affairs, are selfish, jealous, vengeful, how do you expect good and peace to win over? Just as in physics, events in the world can only be the result of opposing forces.

You might say, 'But there are more than a few thousands wishing for the triumph of good!' Yes, but so weakly, so half-heartedly! What they really want is to get up in the morning and find peace, abundance and happiness at their door, without having done anything to produce them. Humans wish for peace, that is true – at least a majority. But when will they ever understand that their own greed, selfishness, narrow-mindedness and passivity will bring only war?

(JANUARY 11, 2001)

The essential preoccupation of your existence should be the nature of the forces you unleash through your thoughts and feelings. This is why you should strive to devote at least a few minutes each day to an activity which links your thoughts to the most sublime realities. Choose an activity that forces you to take in and retain the most beautiful images, the most elevated states of consciousness. Consider this occupation the most important part of your day, bearing in mind that your future and your salvation depend on it. Even if you do not see beneficial results

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immediately, keep at it and one day these benefits will reveal themselves: gradually you will feel yourself inhabited by something very great and very pure. Whatever may happen to you, this presence within will bring you light, joy and peace. **(JANUARY 12, 2000)**

Breathing is not simply this process through which living beings absorb and expel air. Breathing also allows us to inhale and exhale light. Practise this exercise: inhale as you focus your mind on attracting light and then exhale concentrating on projecting this light onto your organs and your cells. Inhale again, in the same way and exhale. Very soon you will begin to sense the beneficial effect of this exercise; you will feel relaxed, at peace.

And once you have attracted light towards you, once you have inhaled it, you can imagine you are exhaling it to bestow it upon the entire world. This second exercise should of course only be undertaken when you have practiced the first many times and have replaced many of your dull and sickly particles with particles of light. You must first feel that this work of transformation and purification is beginning to bear fruit before you can begin to give to others this light you have received within you. This work with light is also symbolized in the Hebrew letter Aleph. Aleph is the initiate who takes the celestial light, divine life, to give it to humankind. **(JANUARY 13, 2002)**

The person who is guilty and tries to appease his conscience will not succeed, because the problem does not lie with his conscience—which merely reflects the reality of his conduct—but with his innermost sense of the wrong he has committed. This lives on in him as a recorded debt, and until he has made reparations for his errors, his conscience will find no peace.

It is normal to inflict punishment on those who have done wrong, but this is not enough. We must not be satisfied merely to punish wrongdoers; we must also give them the means to correct their mistakes. Otherwise they are all the more resentful toward those who have imposed sanctions on them, because they live constantly obsessed with the wrong they have done. To put them on the right path again, we must help them free their conscience by giving them conditions which enable them to pay their debts. **(JANUARY 17, 2005)**

You will never find the inner peace needed for your spiritual work if you stay on the astral and inferior mental planes, because you will then stay tense and agitated. It is in the nature of ordinary thoughts and feelings to produce noise and disorder; it cannot be otherwise. If you wish to embark on the spiritual path, you must be well aware to the nature of each thing. The spiritualist must study the nature and properties of the psychic elements, just as the chemist studies the nature and properties of the physical elements. It is exactly in the nature of interested and selfish thoughts and feelings to trigger tensions, agitation, disorder and continuous noise. So study your inner state well, because whatever efforts you may make, you will not manage to meditate if you do not control the reactions of the inferior nature within you. **(JANUARY 18, 2001)**

If we want to be strong and enlightened we must send God a message, 'Dear Lord, until now I have always wanted to be independent because I thought that was the way to power and riches, but I see now that it is just the opposite. I no longer want to be independent, for I find that I am weaker and poorer than before. Send me your Spirit of truth to guide me and teach me to distinguish truth from falsehood so that I may avoid the dangers that surround me. Let me be counted amongst your servants.'

In the Cabbalah the Hebrew name for the Spirit of truth is Ruah ha-Emeth. You can communicate with this spirit by concentrating your mind on blue light. Imagine rays of blue light all round you, entering into you and coursing through you. Little by little you will have an extraordinary sense of peace, because peace is also associated with blue. When you are

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wrapped in this profound peace passions die down, prejudices and biases drop away and you see reality more clearly. In this way you advance along the path of truth. **(JANUARY 19, 1995)**

Out of the five billion human beings on earth, how many do you think there are who wish whole-heartedly for the peace and happiness of mankind? Very, very few! And the voices of these few are drowned out by the voices of those who, consciously or unconsciously, want only to dominate others and take their lands and their wealth for themselves. This is why, when the heavenly entities see how few human beings vote for peace, they are obliged to let them go on suffering.

Without realizing it human beings are active participants, for good or evil, in a collective endeavour. When the voices of those who are generous and luminous are in the majority-or even when, without forming a majority, they become stronger and more persuasive-the triumph of the kingdom of God and the beginning of the Golden Age will be decreed. But it is human beings themselves who have to tilt the scales in this direction. The spirits above will not interfere; their role is simply to count the votes. **(JANUARY 20, 1995)**

It is quite normal to have ambitions and make plans, but be careful, because your aspirations determine your future. From the moment you begin to foster an idea or nurture a plan, you are setting off on a road towards a specific location and you need to be aware that before reaching your destination, you will inevitably make certain stops. It is therefore vital to know and understand the relationship, the affinity that exists between your desires and the various aspects of the physical and psychic world. An idea or a plan is as good as putting your train on the rails and so, if you lacked lucidity and vigilance at the moment of decision-making, this train will often take you to unexpected places and above all to places you did not want to go. Make sure, therefore, not to find darkness, conflict and tribulation where you had hoped to find light and peace. **(JANUARY 25, 2002)**

Someone irritates you. You burst out, 'I'm furious! I won't take that lying down!' And there you go, complaining, expostulating, and telling everyone around what has happened. They try to calm you, telling you that it isn't so very serious, and that you had better drop the matter and think about something else. But no, you continue your agitations and complaints about this idiot, this moron, who has wronged you in such-and-such a way. Is that intelligent? That moron, that dolt, is peacefully installed at home, well sheltered from your agitated outburst. And who suffers most from your fury? Those around you: family and friends who do not merit such a disturbance in their lives. But you are the one who suffers most of all. This wave of psychic disturbance has had to pass through you, before reaching other people.

When we decide to live in harmony, we are the first to benefit, and if we let bad feelings and anger take over, we are the first to be destroyed. Maybe other people will suffer in the process, but we are the ones who suffer the greatest damage, because this inner disorder follows us, even into our next incarnation. **(JANUARY 25, 1998)**

Human existence can be compared to a journey through a forest or the ascent of a great mountain. What efforts we must make, what dangers we must confront before we arrive at the goal! And if we undertake this journey or this ascent in darkness, great is the risk of losing our way, of being ambushed, or of falling to the bottom of a precipice. In darkness, not only are we truly exposed to danger, but the greatest danger is the fear that we create ourselves, not knowing what to make of the noises and the shadowy forms we see stirring around us.

To be afraid is to give power to that which we fear, to prepare the conditions it needs in order to do us harm. Symbolically, this is the life of human beings when they do not possess true

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knowledge, the knowledge which must accompany them like a light and give them security and peace. Once they have this light, even if they have ordeals to pass through, they will see things as they are and will walk in peace. **(JANUARY 28, 2004)**

When I was a young disciple with the Master Peter Deunov in Bulgaria, I noticed that he had an intriguing habit. Whatever he was doing, there always came a moment when he stopped, closed his eyes and uttered a few words; then, as if he had retreated to another world, his face expressed something extraordinarily peaceful and profound.

One day I succeeded in deciphering what these words were: 'Slava na Tébé, Gospodi', which means 'Glory be to You, Lord'. I thought that if it were necessary for a great master, who is always so closely linked to the Lord, to pronounce His name several times a day, all the more reason for us to do the same. And I wanted to imitate him. Throughout the day, wherever I may be, I am in the habit of saying: 'Slava na Tébé, Gospodi.' And you too should think about doing this, in Bulgarian or in French or in English, as you wish. Whether you are at home, in the street or at work, stop for a moment, link yourself to the Lord and pronounce these few words, so that no-one hears you, of course, and you will immediately feel connected to the divine Source of life. **(FEBRUARY 1, 2004)**

Once upon a time there were two brothers. One of them was a shoemaker and lived in a town; the other had retired to a solitary hermitage in the mountains, to pray and meditate and escape the seductions of life and of women. He had become so pure that he could hold a snowball permanently in his hand and it would not melt! This state of affairs lasted for several years. One day the cobbler went to see his brother in his mountain retreat and was struck with awe and wonder at the purity of the heights. He invited him to spend a few days with him, in town, and the hermit accepted. Then, one day, he was sitting in the shop while his brother was busy with his customers, and he saw a young woman who lifted her skirt and showed her ankle while she was trying on a shoe. The shoemaker, who was helping her to put it on, touched the girl's foot without thinking twice about it. But the hermit suddenly realised that, as he watched, the snowball was beginning to melt! And then he understood that one cannot find true purity in the desert or in a mountain hermitage. Purity, true strength and self-dominance must be acquired in life, in the whole of life. No one has ever achieved fulfilment by running away and seeking refuge in the stillness and peace of a mountain retreat. **(FEBRUARY 2, 1988)**

When human beings speak of moral laws, when they either acknowledge and accept them or reject them, they do not always know what they are talking about. True morality is based on laws established by Cosmic Intelligence; it is not human invention which varies according to different lands and epochs. Every society has established certain codes of conduct that it considers useful to it. If people do not respect these laws and are then caught, they are punished, but if they do not get caught, they are left alone. Divine justice will not come to punish them, because they have only transgressed human laws. Whereas if they transgress divine laws, they will not escape divine justice. Even if human beings bow before these offenders and crown them in glory, they will still fall automatically under the hand of divine laws, which are the laws of nature. Their peace of mind is disrupted, and they end by suffering either physically or psychically. Obviously, this is no reason to transgress human laws. Not at all! Jesus said: '*Render unto Caesar that which is Caesar's and to God that which is God's*', which means: respect the laws of your land, but above all, respect the laws of Heaven. **(FEBRUARY 5, 2003)**

If Jesus said, '*Ask and you shall receive*', it was because the act of asking, wishing, insisting – praying, in other words – has the power to change things, if only in our own consciousness. We

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may be unable to change external circumstances, but we can change our inner attitude towards those circumstances. We can change the way we see and feel things so that they no longer afflict us so deeply. Our greatest powers are not on the physical plane, they are on the psychic plane. In spite of some very real reasons for suffering and despair a great many people achieve peace, light and inner freedom through prayer. Those who want to transform their inner state of consciousness must know that it is possible to do so, thanks to the faculty of prayer with which God has endowed every living being. **(FEBRUARY 6, 1995)**

The businessman who has made a fortune will not necessarily tell you he is happy. On the contrary, he will find all sorts of reasons to complain. He will tell you that he is stressed, that his wife spends all his money and takes advantages of his absence to cheat him, that his son is a good-for-nothing and his workers are lazy, that his shares have fallen on the stock exchange, that he will be ruined by his competitors and so on. You listen to him and after a while you feel as overwhelmed as he is. Despite all his possessions, he could never convince you that life is beautiful, because he lives in fear of losing what he has. So you see, not only will he give you nothing, since he is already afraid that what he has will be taken away, but he will also rob you of your peace, your love of life. Whereas a man who has worked to acquire spiritual wealth understands that these riches are inexhaustible, that no one can take them away from him. He will therefore always be ready to share them with you and thanks to him, whatever your situation, you will have the best conditions in which to taste the beauty and meaning of life. **(FEBRUARY 7, 2003)**

The human conscience is a reality, a merciless reality. Take the case of a criminal. Whatever he does, he cannot rid himself of certain anxieties: the police, prison, his victim's revenge, remorse. Why? Because he has set certain processes in motion which are now reflected in his conscience, and he can no longer find peace. It is not his conscience which produces these images, since it is only a screen and is not responsible for anything that is projected there. We can understand, then, why some people surrender spontaneously to the police and agree to be punished for their offences: something within them knows they deserve punishment, but also that they must make amends. For it is by atoning that they free their conscience, and once they have done so, a new 'film' is projected on their screen. **(FEBRUARY 8, 2005)**

If you concentrate on the idea of loving, doing good, forgiving, and creating harmony around you, the day will come when that idea is so strong that it impregnates even the cells of your body and they will begin to vibrate in unison with it. When this happens you will find that peace is always with you. There may be days when distressing events occur, but the waves they create will be only on the surface. Deep down you will continue to be in peace.

Have you ever observed the animals in a circus? As long as their tamer is present they are quiet, but as soon as his back is turned they attack each other. This is an image of how your cells behave. As long as your eye is on them they obey you, but as soon as you turn your back or forget about them there is trouble. This means that you have to take care of your cells and train, feed and purify them as though they were your own children. Only when you have at last succeeded in taming them and training them to work without arguing or quarrelling amongst themselves can you hope to experience peace. **(FEBRUARY 8, 1995)**

Most human beings believe that happiness lies in being loved. Of course, they agree to love a little, but they believe that the main thing is to be loved. This is easy to prove: why do they suffer when they learn that the person they love does not give back that love or does not give back as much as they wish? They wait for the outside world to give them love. If it does not come or if it

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is taken away, they feel deprived: they do not believe in their own power, in their own force of love, they need love to come from outside of themselves. In reality, to find peace and joy, you must not wait for love to come from other people anymore, but decide to rely on your love: because inside of you lies the source of love and this source is inexhaustible.

(FEBRUARY 10, 2001)

It is fine to explore matter, to work on it and with it in order to organise, embellish and vivify it. I am the first to advise you not to abandon matter. But it is even more important to begin by vivifying, organising and embellishing your own inner 'matter', so that you feel confident, free and at peace. Once you have learned to work on yourself with the powers of the spirit, not only will you make certain discoveries, but all that you accomplish outwardly will bear the mark of the spirit, of its light, love and power. You have not come to earth for the purpose of becoming a chief executive, manager, director, minister or president. You have come here in order to work, through matter, to become a fully conscious son or daughter of God.

(FEBRUARY 14, 2003)

Spiritualists must rid themselves of the illusion that their convictions and experiences are valid for everyone. If you decide to practise a religion, to follow a spiritual teaching, you must not go and talk about it everywhere in an attempt to convert others. Strive to go deeper into the truths you are discovering and to apply them sensibly, and leave others in peace. Such precaution is especially useful in the beginning, because at this point we are inwardly neither strong nor well armed. It is difficult enough to understand what spirituality and religion truly are, and there is so much that needs to be clarified if we are to live them profoundly and harmoniously! Those who have not begun by understanding things clearly for themselves may feel free to behave in ways which will turn out to be detrimental both to themselves and to others.

(FEBRUARY 16, 2005)

In the physical realm, human beings have made gigantic achievements: we cannot help but see how scientific and technical progress has transformed life. But this is not enough and humanity is now called upon to realise achievements that are still more important, more vital for them, by means of the faculties of the spirit. Through meditation and prayer, they must learn to make relationship with the world of the spirit, so that light, love and power of the spirit descends upon the earth, within them and upon those beings around them. Scientific and technical progress has limits, and even presents dangers. If all these discoveries are not made to serve a higher vision of things, humanity will be overwhelmed and crushed by them. Scientific and technical achievements are not sufficient to transform life. It is by means of the spirit that life will be truly transformed, because peace, freedom and brotherhood are realisations of the spirit.

(FEBRUARY 18, 2003)

Try to imbue your love with purity and light, for this is the only way to be sure that those you love flourish and fulfill themselves. True love bestows every blessing: joy, peace, beauty and health. Above all it gives meaning to life. If you see those you love wasting away, you must ask yourself what you are doing to cause this. You should be tending and caring for them, just as a gardener cares for his flowers, but if you have only succeeded in making them wilt, you have nothing to be proud of. On the contrary, it is time you started looking for ways to correct your mistakes. Your love should help those you love to grow, and it is only when you see this happening that you have a right to feel proud, happy and grateful to Heaven.

(FEBRUARY 20, 2001)

You say you want to be happy? Then work. True happiness lies in work, but obviously in work of a higher order that that which allows people to earn a living for themselves or their family. This

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work is necessary, but it is not enough. In order to be happy, men and women must learn to work with thought, feeling, imagination and will-power, in order to prepare in the invisible the coming of a world of peace, harmony and light. It is in this work that you will find fulfilment and whatever the circumstances may be, this work will always be there for you. Upheavals in society may deprive you of all your usual activities, but you can do this inner work everywhere, even in the most difficult conditions, even in the other world. Because no one can take your intelligence, your heart or your will from you; these are the only true riches you can always count on.

(FEBRUARY 22, 2003)

When a doctor prescribes medicines for the sick, does he explain to them that the state of mind in which they take them can contribute to their efficacy? No, he acts as if human beings were merely machines that must be repaired. A good doctor, on the other hand, also points out rules of life to his patients and even some exercises by means of which they will establish balance, peace and harmony within themselves. Even if these methods prove to be inadequate in the face of a grave illness, the patient will at least spend what life he has left in activities that are useful. Above all, it is essential to find a beneficial activity to which you can dedicate yourself, for everything has consequences, if not in the physical world, at least in the world of the spirit.

(FEBRUARY 23, 2004)

The most effective method for connecting oneself with God is to concentrate on the light. God is not light. He is much more than light, and we cannot know Him even imagine Him. But in Genesis, it is said that on the first day God created light. Why? So He could use it to create the substance of the universe. Light is therefore the first divine emanation, containing all the qualities and all the virtues of God, and that is why we can know God only through light.

So here is an exercise you can do: every day, several times a day, concentrate on the light, imagine that you rest in it, that you melt into it, that you are impregnated with its substance. Visualize the entire universe bathed in this light. And gradually you will feel that this light brings you peace, harmony and strength.

(FEBRUARY 23, 2003)

Most of the knowledge human beings seek to acquire helps them to earn a living or to shine in the company of others. It is of no use to them in overcoming life's trials, sorrows and disappointments. Initiatic knowledge, on the other hand, may not help them find a job or impress their audience, but it supports them in their inner life.

Initially you will not fully understand the benefit of this knowledge because it acts slowly, in depth, and it does not produce great results immediately. And even if you have won a few successes, it may well be that no-one around you is able to recognize the peace, light and beauty in which you are living inwardly. But one day you will come to realize that you are not getting a great deal out of this ever-growing body of knowledge that presents itself to you on a daily basis and you will then turn to initiatic knowledge. This knowledge is about to work on your own matter so that you may reach a stage where you always have control of yourself, in whatever situation.

(FEBRUARY 26, 2002)

A divine aspiration, a flame, dwells in all of you and, although it may be weak, you have the power to feed it so that it becomes an enormous blaze. When you begin to feel this flame burning within you, take care not to expose it to every passing breeze that could extinguish it. In other words, carefully choose the people you frequent, the literature you read, and the entertainment you watch. Choose nourishment which is good for your heart, your mind and your spirit – nourishment which strengthens you inwardly. When you have become truly strong, you will be able to confront anything; the same conditions or encounters that would have destroyed

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you before will now enhance your light and your peace. When a flame has been given sufficient fuel to become a blaze, the wind can no longer extinguish it. On the contrary, it can only fuel it
(MARCH 1, 2004)

One of people's main concerns nowadays is to be able to eat healthy food. It is of course highly desirable that food should not be contaminated, but it is also important for those people who are involved in its preparation to be aware that the food they handle becomes impregnated with their emanations and subsequently passes these on to those who eat it. People use their hands to prepare food and a person's hands magically transmit something of this person's quintessence. Chefs, cooks, bakers and all those people who prepare food for their families on a daily basis must know this law of chemistry and magic. With this knowledge they will then get into the habit of touching food, conscious that what they are holding in their hands will contribute to the edification of the body of people nearby and far away, persons known and persons unknown. This is a huge responsibility and it is therefore worthwhile for them to endeavour to be dwelling in the best inner state when they prepare food, fostering thoughts of good health, peace and light for those who are due to eat it.
(MARCH 1, 2002)

A mother nourishes her child first with her blood, then with her milk. Symbolically blood, which is red, represents life, and milk, which is white, represents peace and purity: it is a principle of harmony, which balances instinctive tendencies represented by the blood. That is why all the children who are not fed with their own mother's milk lack something essential. Other women's milk or that of animals does not contain elements as beneficial for the child as maternal milk. The mother who feeds her child with her own milk gives him the love and tenderness he needs so much for his development. That is why, when she is angry or in a bad mood, she must not feed her child; she should wait until she calms down, for these negative states poison elements in the milk, which can make the child sick physically and emotionally. Mothers must be very careful and breast-feed their children in the best possible frame of mind.
(MARCH 5, 2001)

We must meditate on all that our daily activities can teach us. We all know, for instance, that every day we must see to it that our house is neat and clean, that we must devote at least a few minutes to keeping it so, or life would soon be unbearable. So why have you not yet understood the importance of cleaning and ordering your inner sanctuary with the same patience, the same regularity, and the same perseverance? If your house became too dirty or cluttered, you would always have the option of moving out. But try moving out of your inner sanctuary! So each day without fail, you must visit your inner sanctuary and say: 'Let's see, what needs doing here?' Put everything that is out of place, untidy or lacking harmony back in order. Don't allow things to lie around or dust to accumulate, or one day it will be too late to remedy the situation. Every day, several times a day, you must try to restore order, peace and harmony within yourself.
(MARCH 5, 2000)

When a disciple follows the teaching of a spiritual master, this teaching does not speak solely to the conscious part of his being. Even at night while he is sleeping, the true disciple goes to join his master with his astral body and continues to be instructed by him. He reads the most sacred books in the libraries of the universe and attends the most magnificent ceremonies. Although his mind is not yet prepared to remember such events, he may retain certain impressions which create such a sensation of peace and light in his heart that when he awakens the next morning he wonders: 'Where was I last night? What I saw was so beautiful!' It is important to understand that sleep becomes something sacred when you enter into it with the intention of going off to be instructed in these spiritual schools, for it is there that you receive true initiation.

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(MARCH 7, 2005)

It is true to say that art will save the world, but the only art that will do so is a conscious art, one that is enlightened by the truth of initiatic science. Unfortunately these days, any kind of racket is called music, any kind of daub is called painting and any gobbledegook poetry. But what can we truly expect from such art? How can we tell a true artist if any crank now seems to be elevated to the status of 'artist'?

A true artist is an interpreter of philosophy, science and religion, because being an artist means realising in the physical plane what the mind perceives as being right and true and what the heart feels is good so that the world of the spirit may descend to manifest itself in matter. A perfect artist is one who has been able to establish order and reason in his or her thoughts, introduce peace and love in his or her heart and as such is able to bring beauty and harmony to everything they produce.

(MARCH 7, 2002)

Prayer is the breathing of the soul, and this breathing affects not only our psychic bodies but our physical bodies as well. Sincere, ardent prayer triggers a succession of reactions in the physical body that can even modify the movement of electrons in our flesh, blood and bones. The nature of the faculty by means of which man strives to reach a being or a world of a higher order is still not understood. Let us say, for example, that you are praying for light, love, peace or even health; the sincerity and fervour of your prayer raises you inwardly to another plane. You say that you are praying to God. No doubt; and God exist outside of you, of course, but he also exists within you, and it is to this higher power within that you pray. And when you touch this inner power through prayer, it responds with a gift, the gift of pure, intense currents of life, which flow through you, illuminate and harmonise everything they touch. So the pattern found in breathing is found also in prayer: There is the upward movement (inspiration) as you make your request, followed by the downward movement (expiration) as your prayer is answered from above.

(MARCH 7, 2001)

Each psychic state you create within yourself at every moment of the day has consequences, first of all, of course, for you. If you strive to create paradise in yourself by your thoughts, feelings and desires, it is you first of all who will go and live there. Whatever the situation, you will experience yourself in paradise. Then, little by little, your parents, your friends, and all the others around you will also begin to sense that here there are springs flowing, birds singing and flowers embalming the atmosphere with their fragrance. They will say to each other: 'Do you know this garden? What peace, what purity, what blessings! We must go and visit...' And you will be enveloped in their joy and gratitude.

(MARCH 9, 2005)

A gardener who has failed to sow any vegetables is not surprised when he sees none growing. He simply says to himself: 'This is normal, old man. Since you have not had the time to sow carrots, you have no carrots. But you have lettuces, parsley and onions, because you have sown them.' Yes, when it concerns fruit and vegetables, human beings reason correctly. But they know nothing of the moral and psychological realms: they believe they will harvest happiness, joy and peace while sowing violence, cruelty and spitefulness. No, they will harvest violence, cruelty and spitefulness. But because they do not understand this, they are surprised and rebel against what happens to them. When they learn to keep watch over themselves and to spread only seeds of light and love with their words, their feelings and their thoughts, their destiny will improve.

(MARCH 11, 2004)

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Imagine you have just finished a long, deep meditation in which you sent light and love to the entire world, and now you go out for a walk in the streets. When you return, you are under the impression you have done nothing much at all on your walk, but this is where you are wrong. If you were clairvoyant you would see all the good your presence did for the people you met along your way, but you were unaware of this. Some who had evil plans have now abandoned them; others who were harassed and discouraged have found peace again and the will to live. Always remain conscious that by means of a pure, noble and enlightened life you can lead all creatures along the right path. Even if what you are doing seems to have no effect, remember that there is always someone nearby who is roused from a sleeping state, and stirs, and is encouraged and quickened as you pass by. **(MARCH 12, 2000)**

One day Jesus reproached his disciples for their disbelief, saying: 'If you have faith the size of a mustard seed, you will say to this mountain, "Move from here to there", and it will move.' But how should these words be interpreted? Those who read this parable are so struck by the enormous discrepancy in size of a mountain and a mustard seed that they go no further, and this is why they cannot interpret the parable correctly. In order to do so, we must begin by reflecting on the nature and properties of a seed. If someone whose faith is no bigger than a mustard seed will one day be capable of moving mountains, it is because once that seed is sown in his heart and soul, it will grow and expand. When it becomes a tree, all the birds of heaven - that is, all the luminous entities of the invisible world will come and dwell in it. And these entities do not come empty-handed. They bring with them heavenly gifts - wisdom, love, purity, peace, and strength - and it is thanks to those gifts that little by little a human being gains the power to move mountains. **(MARCH 13, 2003)**

Human beings have still not resolved the problems of the collective life. Outwardly they may have formed nations and organised societies whose members support each other, and where everyone serves the whole and benefits from it. Inwardly, however, they remain isolated, aggressive and hostile towards one another. They have not learned how to apply all the progress they have made in their material and practical life, in the realm of organisation and technology, to their inner lives. That is why, despite all this progress, humanity is still suffering from the same misfortunes: wars, poverty, famine and oppression, on a scale unheard of until now. Real improvements can take place only as a result of a profound change in mentality. Human beings must feel themselves connected to one another spiritually, in order to succeed in forming the only true society: a universal brotherhood within themselves. It is when every individual strives to attain the higher consciousness of unity that societies, peoples and nations will begin to live in peace and freedom. **(MARCH 14, 2004)**

Inner peace is not something that can be obtained directly without an intermediary; it is the result of a synthesis of qualities and virtues. If someone possesses peace it means that all their functions and activities are perfectly balanced and in harmony. If all the cells of all your organs are perfectly organized and functioning correctly the result will be peace. You cannot obtain peace simply by wishing for it. Observe human beings and you will see that they all believe that peace would reign in the world if only they could eliminate certain situations or certain people. How mistaken they are! Even if we could rid ourselves today of the army and all its weapons, people would immediately invent other ways of slaughtering each other! Peace is an inner state, it cannot be obtained by removing something external. It is within ourselves that we must remove the causes of war. To live in a state of inner peace we have to learn to bring all our thoughts, feelings and actions into harmony. **(MARCH 17, 1995)**

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Cutting off a part of the body to banish tormenting desire will not rid a person of that desire, because the various parts of our bodies only obey orders received from higher places. An arm, for example, can just as easily lash out at someone as give a caress: it can kill, or it can rescue. So why hold the arm responsible? The arm is not to blame, nor is it responsible for what it does: it merely carries out the orders it receives from elsewhere, both good and bad. If a man amputates his sexual organs he cannot satisfy his sexual appetite and assuage his desires, but these pangs of desire will still be there. People have been known to demonstrate their faith by mutilating themselves, to save themselves from hell - or so they thought - only to find themselves in the searing inferno of another more terrible hell. So, leave your limbs in peace and concentrate on working to purify your thoughts, your feelings, and your soul.

(MARCH 19, 1999)

Don't make the mistake of thinking that a Sage is incapable of being upset or troubled by his feelings or emotions. On the contrary, certain cosmic forces or enemies bent on harming him sometimes stir up raging storms and tornadoes in his emotions. But he has methods that help him to avoid being swept away by his inner turmoil: instead of accepting it and doing nothing to change it, he immediately starts to concentrate and meditate so as to restore order in himself. This is what distinguishes a sage from an ordinary human being!

(MARCH 19, 1988)

And this is why I am always telling you that the mental factor, thought, must have first place in your lives. As soon as you feel sad or troubled, call on thought to come to your aid. Unfortunately, when it comes to getting in a state of excitement, nervous tension or worry, your powers of thought are always ready to contribute! But when it comes to restoring peace and light, you don't know how to use them to help you. So, set to work and practise! Are you worried or in pain? Call on thought: make sure that it is present within you, for it knows how to harmonize and set everything to rights.

(MARCH 19, 1988)

Suppose a family argument has just erupted: what theatre, what cacophony! Then suddenly a friend who is appreciated and respected by everyone appears at the door... Immediately everyone makes an effort to put on a good face. They even look kindly at one another so the friend will not notice they were in the midst of a crisis.

You certainly have experienced this, haven't you? And why not draw conclusions from this for your inner life? When turmoil erupts within you, if you begin to pray with great fervour, you may find that everything suddenly becomes calm and you find peace and joy again. Why is this? Because a friend came to visit you, and in his presence, all the other inhabitants within you, afraid of appearing rude, calmed down. And if you entreat your friend with even greater resolve and fervour never to go away again, to stay and live permanently within you, to take up residence in the centre of your being, at that very moment, peace and light will come and reign in you forever.

(MARCH 20, 2005)

If we want to meditate it helps to know the nature of psychic work, and understand that we should never force the mind to concentrate too hard or too suddenly on any one idea because, if we pressurize our minds too much, we overtax our nerves and our brains seize up. So the first thing to do is relax, and stay in a passive state, like a spectator watching patiently and peacefully as our cells slowly calm down. At first this calming process may take a while, but with practice a few seconds will suffice. We must begin by working gently, peacefully, and harmoniously - this is the secret of good meditation. Then, once we feel our nervous system ready and restored - because a passive attitude allows the brain to replenish its energies - we can turn our thoughts to our chosen subject.

(MARCH 20, 1999)

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How do you define true spirituality? When the winter arrives, the earth receives less sunshine, and nothing grows. Even rivers freeze over. Life continues in slow motion. But in spring the earth receives longer hours of sunshine, and everything grows and becomes beautiful, overflowing with abundant riches and burgeoning life everywhere. Spirituality can be compared to the action of the sun on the earth. When our spirit begins to radiate, penetrating all the cells of our bodies with its love and light, so that all our cells sing together in harmony – then, yes, we can claim to be spiritual. True spirituality is like the radiance of the sun upon the earth: it is the spirit that activates and vivifies our bodies, so that light, peace and plenitude may dwell within us.

(MARCH 21, 1998)

Even if the effort is painful, even if you have not really understood what it is all about, it is worth your while to be present regularly at the sunrise because, in spite of you and without your being aware of it, something happens at that moment, and the effects will astonish you when they show up, later. When a child has witnessed tragedy or violence, even though he was too young to understand what was happening at the time, in later years he will see the effects of these dramas when they show up in the form of complexes or other psychic disorders that no one knows how to cure. Whether you understand or not, everything that goes on is recorded and, one day, it can come to the surface. This is why, even if you feel that you have not really understood, you can still take advantage of these favourable conditions and your soul and spirit, as well as your body, will necessarily absorb some elements which will show up in you, later, in the form of harmony, peace and purity.

(MARCH 22, 1988)

Whatever happens to you, do not become troubled or discouraged, but see to it that your spirit gradually regains control of the situation. In this way you will discover true freedom, because the spirit soars high over events, and it alone is truly free. When you restore the spirit to its place within you, something tells you that these difficulties or irritations cannot destroy your balance, your peace or your love. On the contrary. Since these illuminating experiences have taught you values you can count on, cling to them. Do not doubt the beautiful and great things you have lived, but take them along with you as provisions on this difficult path you must travel. And when the storm has passed, you will realise that what might have caused you to lose heart has actually strengthened you.

(MARCH 24, 2004)

The people who crucified Jesus addressed him, saying: 'If you are the true Son of God, come down from the cross.' But the true power of a son of God does not lie in escaping ordeals or even in appearing not to fear them. True power lies in accepting them with clarity and selflessness, and above all in peace and unity of spirit.

Jesus knew about the trials awaiting him and had announced them to his disciples. But the cruelty of the torture he endured on the cross awakened the dark forces of his purely human nature, and he cried out: '*My God, my God, why have you forsaken me?*' In fact, God had not forsaken Jesus, but this feeling of abandonment, of solitude can be experienced even by the greatest initiates. The human nature in Jesus could not help but utter cries of distress, but he did so with love, without rebellion, and here lies all the difference. This is why in the end he regained light and peace, and spoke these last words: '*Father, into thy hands I commend my spirit.*'

(MARCH 25, 2005)

When you look at the sun, the centre of our solar system, try to find the centre in you, the centre of universal love: your spirit - almighty, wise and omniscient - and draw nearer to it every day! If you remain disconnected from the centre, you will be shaken around, at the mercy of disorganized and conflicting currents. Of course, you will tell me that your daily tasks force you

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to leave the centre to go to your activities at the periphery. Yes, but moving away from the centre, when necessary, does not mean cutting the link with the centre. On the contrary, the more activities we have in the world - the periphery - the stronger should be the link with the centre, with the spirit. It is from this centre that come the energy, light and peace we need to manage our affairs efficiently. **(MARCH 26, 2001)**

The power of an atmosphere, an ambience, is enormous, because this is what brings out the good or bad side of living beings. That is why, as often as possible, you must make great efforts to be in an atmosphere of peace, harmony and light.

Of course, these effects do not often last for long, but at least the lower nature is reduced to silence for several moments, and the higher nature can flourish. If you keep repeating this experience, one fine day the higher nature will become predominant. Some people, of course, would see a drowsy lower nature as a sign of weakness; they feel much better giving vent to their domineering instincts and aggression-letting loose their wild beasts. But what damage these beasts wreak everywhere, devouring their owners' children - that is, their good thoughts and feelings - which are not yet solid and strong. We need to keep our wild beasts shut up for a while, and we do this when we create a harmonious atmosphere. **(MARCH 29, 1998)**

Those who dedicate their lives to the service of God must not think they will lead a peaceful life without trials or ups and downs. No. Heaven is taking care of them and does not let them lead an easy, quiet and insignificant life. Those who have dedicated their lives to Heaven must know that they will be tested. These tests are not intended to punish them but to lead them to superior levels of consciousness, where they will develop, bloom and stimulate all their inner possibilities, which would not have been stimulated if they had remained secure and comfortable. When man works for the glory of God, tests only urge him forward on the road to perfection. Whereas, if he works outside the light, all the trials he undergoes are intended to correct and punish him. Of course, they also have a role to play in his evolution: they prevent him from slipping even lower, but they are still punishments. Tests have a different meaning, therefore, in the two cases.

(MARCH 30, 2001)

Many people claim to be divinely inspired, they gesticulate, rolling their eyes in all directions, holding forth incoherently, or spend hours fixed in some posture imitating a state of ecstasy. Well, these people are unbalanced and sick, and the rest of their behaviour proves it. They may talk about Heaven, the Holy Spirit, angels and archangels, but in fact they are really unstable. They believe they are communicating with the divine world, whereas lack of discipline and inner work has connected them with the subterranean regions of the astral plane. They receive messages and commands, it is true, but they would do well to mistrust these communications. We must learn to distinguish between inspiration and various forms of mystical delirium. If we are truly in contact with Heaven we receive only waves of light, harmony and peace.

(APRIL 8, 1999)

It is time you stopped being so exacting in your demands on nature, on other human beings, and on the Creator himself. 'But there are so many things we need!' Well, let's have a look at those needs: first of all who or what makes all these demands? Whose voice is it that clamours for ease, well-being and pleasure, and rejects all effort, constraint or obligation? It is the voice of your lower nature. And now the great question: is your lower nature really you? No, it is not. Your lower nature is only part of you, it is not the essential you. It is the raw material with which you have to work in order to nourish your higher nature. It is this higher nature which is immortal and eternal and with which you must identify. As long as you identify with your lower nature you

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will say, 'I want this, I need that; it is I who am suffering, I who am hurt...' and you will never find light and peace. **(APRIL 8, 1995)**

Every day we must work to make our lives purer and more intense, for it is this life which will work the highest form of magic on people's hearts, souls and minds, on the entities and the forces of nature, and even on physical objects. What good does it serve to come to earth and lead a mediocre life? To eat, drink, sleep, work a little to earn a living, and have a few amorous adventures from which people emerge exhausted – what is all this compared to an eternity of splendour which awaits those who endeavour to learn just one thing: how to live? If initiates are balanced, happy and at peace, it is because they have worked to purify their lives, and to render them beautiful and powerful. They have understood that true magic is found in life itself and nowhere else. Yes, to be able to live and breathe the divine life is the highest form of magic. To encourage others, to stimulate them, to reawaken and ennoble them, this is true magic, the true life. **(APRIL 10, 2004)**

Cosmic Intelligence has not given equal powers to good and evil. But how can we convince human beings of this, when most of them claim to see only the triumph of evil everywhere they turn? The fact is that they have not observed carefully. Consider someone whose life is characterised by dishonesty, spite and violence. Perhaps, at first, he succeeds: he asserts his independence and he achieves his ambitions. But then what happens? He will find more and more obstacles in his path; complications will arise in all areas of his life; and he will lose his peace of mind and even his health. Someone else decides to dedicate himself to the service of good: to begin with, of course, he encounters difficulties, but in spite of them he senses the support of the powers of light. As time goes on, the obstacles will disappear. People around him will begin to understand and appreciate him and give him their support. This is how good finally triumphs. **(APRIL 10, 2003)**

The really tragic fact about human beings is their expectation of what they will receive from others: they expect to receive what people are incapable of giving. Then, if they are given something really precious, they neglect it, because they were expecting something else. Just look around: do human beings show gratitude to their Creator? Indeed no! They even blame Him for all kinds of reasons. Are children really grateful to their parents? So often these parents are criticized and made fun of. And as for the grievances that disciples harbour towards their master, these don't bear mentioning! He may give them every conceivable method to help them work toward personal perfection, to become children of God – luminous and radiant – but it will be useless, because that is not what they expected. What they want is success, power and glory, and they blame their master most bitterly for not granting their desires. Dear Lord, what can be done with such people? It is not surprising they are forever unhappy. Let them learn to give a little in exchange for everything they have received from God, from their parents, from their master – if they have one. Let them at least find some feeling of gratitude, and they will then find peace and joy. **(APRIL 11, 1999)**

When a certain number of people come together around an idea, their thoughts and desires alone create a living reality. This is a law of the spiritual world. And even if this reality is not made up of particles that are sufficiently material to be seen or touched, it exists, and we call this collective entity an egregor. An egregor is a living and active entity, and each country, each religion, and each philosophical movement has one.

The Universal White Brotherhood also has its egregor, and all its members, the brothers and sisters who gather together with the same ideal of peace and light, never stop nourishing and

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strengthening it. Not only can it then have a positive influence on other egregors in the world but, most of all, it contributes to the evolution of those who have worked to create it.

(APRIL 12, 2004)

True happiness is characterised by stability. You will say: 'But life consists of succession of changes, from success to failure, from plenty to hardship, peace to war, health to ill-health, and so on. And we have no choice but to submit to those changes.' No, you are mistaken. War may break out, you may fall ill, you may suddenly lose everything you have, be abandoned by your husband or your wife, your children, your friends, with our ever ceasing to be happy. Why? Because in the state to which I am referring your consciousness does not stagnate to the level of incidents and events and so, for every problem, for every trial you find an explanation, a truth that appeases you and consoles you, because you have elevated yourself, you have risen very high and you have learnt how to see things. You may be divested of all your possessions, persecuted, but because you know that all this is transient and that you are immortal, that nothing can really touch you, whereas others are hollering, you are smiling. **(APRIL 15, 2002)**

As soon as you set out to attend the sunrise in the morning you must begin to prepare yourself to meet a living being. Remember too that nature all around you is alive – and this includes not only the birds, animals, trees and flowers, but the whole universe, for the universe is inhabited by an infinite number of invisible but very real living beings. Give them greetings and tell them that you love them. Tell them how much you appreciate all the work they do through the four elements, earth, water, air and fire, and how grateful you are to them for the limpid purity of the morning and the life that is stirring all around you. They will be pleased to see that you appreciate their work and will reciprocate by sending you a sign of friendship in the form of peace and joy. **(APRIL 15, 1995)**

Most religions have represented the Lord as a ruthless, vindictive and jealous being who sees everything we do and punishes even the slightest wrong-doing. The truth is that the Lord does not punish us. In fact He does not even want to see our transgressions. He has no time to concern Himself with such matters. He embodies love and lives only in splendor, but He has created the world based on laws and if we do not obey these laws, they – not the Lord – will punish us.

Let us suppose you have done something silly; you feel troubled by it and you pray, and in your prayer you feel you are escaping your torment, you are elevating yourself and you are reaching God's Throne. And even if you are covered in dust and tattered, God says to you: 'Come on in. Welcome,' and He orders for you to be washed and dressed, He invites you to His feast and you are happy and at peace. When you go back down – because inevitably you will have to go back down, you are not able to remain up there for very long – your torment returns. And it will continue until you understand how you should correct your mistakes. **(APRIL 23, 2002)**

All human activity is the expression of two principles at work, masculine and feminine, which merge to create life. Consider a piece of choral music, for example. When a choir sings, and particularly when it sings mystical songs, the fusion of the two principles – the masculine and feminine voices – takes place on high in the realm of the soul and spirit. And this fusion is not barren: it not only produces joy, peace and plenitude for those who sing and those who listen, but it releases currents of energy which travel through space and purify the earth's atmosphere. By singing, then, you are able to realize a work of the highest degree of white magic. But for this you must learn to free yourself from the elements holding you down in the lower regions, so that

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you can make your way toward this absolute purity which exalts the entire being. Your voices will then produce currents of energy which will merge on high and give birth to celestial beings.

(APRIL 26, 2005)

Some people consult clairvoyants to know what the future holds. Well, I should tell you that clairvoyants are not necessary, because it is all too easy to know our future. Of course, perhaps we cannot guess what our future professions, meetings, financial gains or losses, illnesses, accidents, or successes will be, but these facts are not very important. What is essential is to know whether or not we are advancing along the way of evolution, and whether we will live in freedom, light and peace: and this is easy to discover. If you love all that is great, noble, just and beautiful, and if you work with all your heart, mind and will to realize this objective, your future is already determined: you will live, one day, in conditions which correspond to your ideal and aspirations. There! That is what you need to know about your future. Everything else is of secondary importance, because it is transient: it may be granted you, and then taken away again. When we leave the earth only the aspirations of our soul and spirit, and everything connected, truly stay with us.

(APRIL 29, 1999)

You always demand wisdom, kindness and honesty-perfection in fact-of others, but what about yourself? You never question the rightness of your own behaviour. There are not many perfect people in the world because everybody reasons in the same way. They all expect others to be perfect while they themselves can stay as they are! If you are not convinced that this is so I suggest you listen to the radio and television and read the papers: you will see that everybody criticizes and condemns others while asserting their own righteousness. And the same can be said of your day to day contacts with others. But in an initiatic school the situation is reversed. Here we learn that the thing that matters is to deal with oneself, with one's own faults and failings and mistakes, and to leave other people in peace.

(APRIL 29, 1995)

Are people interested in providing human beings with true knowledge, with knowledge that will help them develop in a harmonious way in order to face the internal and external difficulties they may encounter? No, we wait for them to be ill before we intervene. When they no longer know where they are, when they want to commit suicide or have already attempted it, we reassure them and tell them we will help them to find peace, balance and the meaning of life. In the meantime, we ply them with medicines! Of course, when things have become as serious as this, there is nothing else to be done. But for how long will we make do with caring for the sick? You will say: 'But this is what science is!' No, this is only a partial understanding. True science is not a science of illness, but of health.

(APRIL 30, 2004)

When you experience peace, joy and enchantment, remember to take a few minutes of your time to send some of this rare state of mind to others. Turn your thoughts to all the men and women in the world who are in a state of anguish and despair. Speak to them in your heart, saying, 'Dear brothers and sisters throughout the world, what I have here is so beautiful and luminous that I want to share it with you. Take some of this beauty; take some of this light.' As you know, our inner state of mind produces waves that spread out into space, so do not keep your happiness to yourself; share it with others, but you will be enhancing your own inner happiness. This is a magical phenomenon: in order to keep your joy you must learn to share it.

(MAY 1, 2001)

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Meditation is a difficult exercise, because it requires great mastery of thought. Now thought is rebellious, it likes to wander, to roam, and if you try to stop it abruptly, you will block your mind. This mechanism known as the mind must be put to work gently, just as you allow the engine to warm up before you drive off in your car. Therefore, when you want to meditate, do not attempt to control your thought immediately: it will talk back, rebel, and perhaps even knocks you down! Begin by putting yourself in a state of peace and harmony, then, gently, lead your thought in the direction you want it to take. Soon it will be at your disposition and will obey you. You must be very clever, very diplomatic with your thought. When you have learned to dominate it, it will continue throughout the day in the direction you wish, without any intervention on your part.

(MAY 2, 2003)

People sometimes come and tell me that they have decided not to rack their brains trying to understand things any longer, that the more they think, the more they reflect and try to use their reason, the unhappier they become. Well, this is an infallible recipe for failure! The faculty of thought, the ability to reason and reflect, is God's most precious gift to us. Why try to do away with it? To decide to stop thinking is as though you decided to walk along the edge of a cliff blindfold. It is true of course that reflection often causes pain, but you cannot evolve without it. There are two kinds of thought: one that brings pain and suffering (because we have never learned how to think or what to think about) and one that brings peace and joy. Analyse yourself and you will see that this is so, and once you have seen this you should try to entertain only thoughts of the kind that brings you joy and courage.

(MAY 2, 1995)

You must become conscious of all the transformations that can be produced in the world thanks to your work on harmony. In countless homes, cities and countries, you can inspire many people who want to get out of the confusion they are plunged into! You cannot see it now, but if you have to do this work, it is not only because you yourself are beginning to taste the delights of the Kingdom of God, but mostly because, by your thoughts, feelings and actions, you are sending currents of very powerful and luminous forces throughout the world and all the way to the stars. Gradually all human beings will be led to transform themselves and live in harmony, happiness and peace.

(MAY 8, 2001)

Every fault we commit in our thoughts, feelings or actions drives away spiritual entities from within us, because it creates a disharmony which they cannot bear. Inferior spirits are quite comfortable with it, but the higher spirits leave us. Lead a disordered life for a few days and you will find that Heaven's workers have abandoned you, and that you cannot regain your peace, your buoyancy, or your inspiration. You must know that your understanding of this truth will determine your future: it is your attitude which repulses or attracts luminous spirits. It is entirely up to you whether or not the most highly evolved spirits come and dwell in your heart and soul. At this moment, you will become master of yourself and you will take possession of your true human face. Your light will shine out into cosmic space, all the way to the stars, transmitting the subtlest vibrations to plants and heavenly bodies. Accept this truth and you will possess the powerful key to fulfilment.

(MAY 9, 2004)

Many people believe that wanting to do good in whatever circumstance is proof of stupidity. To them, people who endeavor to fend for themselves, even if this is at the expense of others, or seek revenge on those who have harmed them are the intelligent ones. Well, they are wrong in this, because in reality good represents the fruits of humankind. Humankind came on earth to give fruit. These fruits are the luminous thoughts, warm feelings, noble actions, and the joy, beauty and peace they bring to others. We must get up every morning with the thought of doing

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good. The seeds that God has implanted in our soul will then begin to come out, they will become confident and very soon they will begin to produce flowers and fruits. **(MAY 11, 2002)**

Every day, remember to attune yourself to Cosmic Intelligence. Every day, strive to vibrate in unison with it, to melt into it. Open yourself to its immensity and allow yourself to be carried away by its waves of light and peace. This is one of the most enriching and profound experiences you can give your inner life. It can be achieved only through love, however, for it is love alone which allows true fusion.

Jesus said: 'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' In fact, God does not need our love; it is we who need to love him, because through our love we draw nearer to him. I am telling you the same thing when I ask you to harmonize yourself each day with Cosmic Intelligence, to act according to its will, even if you do not yet really know what it asks of you. This is what it means to love. When we love another, we are always attuned to him. We believe in him and devote all our energies to his satisfaction.

(MAY 16, 2005)

Reality is what you feel. If you feel joy, splendor, peace, freedom, force, does it matter if it really exists outside of yourself? You feel fulfilled? Then it matters little if materially you must bear with some hardships, since you do not live outwardly but in your sensations? It is simple and obvious: it is the interior world that has first place. But people always look to the exterior world for a reason to live, without realizing that they cannot live the exterior world. They can only see it, observe it, measure it, draw it, etc ... To be able to live it, they must possess the corresponding element within themselves. People who have no sense of aesthetics will remain impassive and cold, even in front of the splendors of nature; and they feel nothing, it is as if they had nothing. All our efforts must strive toward enrichment of our inner world. **(MAY 17, 2001)**

Just because human beings do not see the invisible world does not mean that it is not there. This world is populated with entities, and it is through their thoughts and feelings that we enter into relationship with these beings and attract them. As long as people are not conscious that they can attract or repulse both luminous and evil spirits by means of their thoughts and feelings, they will continually be assailed by evil forces. Yes, you must take this reality seriously. Evil entities exist within and around us, and human beings who give themselves over to negative, chaotic thoughts and feelings finally attract them and become their victims. Learn to nourish harmonious thoughts and feelings within you so that you attract magnificent creatures. You do not see them, but their presence will manifest in you: you will feel yourself at peace, bathed in light, as if you embraced the whole of creation. And once you have experienced this, you will no longer be able to doubt. **(MAY 18, 2003)**

Understand that everything in life is nothing other than an illusion. That is why, when confronted with difficulties and trials, you must say: 'This is in fact not happening to me. It is happening to someone else; I don't know who, but it is not me. I am only an onlooker, and I am invulnerable.' For example, see how an actor behaves. Each evening he plays the part of someone whose mortal enemy pours poison into his drink and kills him. But after the performance, should you happen to go to the café just down the road, you would see this actor and his assassin peacefully drinking together, and our actor is not even considering the possibility of poison in his glass. So why not understand that these very same comedies - in a manner of speaking - take place in your everyday life? Instead of taking these disagreeable situations so seriously, say to yourselves, 'This is only play acting. When the show is over I shall see things in a different light.'

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If you become accustomed to this method of reasoning, the trials you have to undergo will not affect you so deeply. **(MAY 18, 1998)**

The greatest joy a disciple could experience is to meet a master who will never abuse his love, because thanks to his love for his master, the disciple will progress and enrich himself. Love performs miracles in a disciple because it produces exchanges, an osmosis between him and his master. Provided of course that this love is also disinterested. So many disciples claim to love their master. They love him, in other words they plague him, they overload him. What blessings will this love bring them if they do not know how to love their master? They will torture themselves because their master cannot meet their demands and the master in turn will be overcome by the burden they are placing on him. Well, this is not love. Have all these disciples who claim to love their master ever thought for one moment of bringing him something good with their love? No, all they bring is burdens. True love should bring light, beauty and peace to the one you love. Only then will your love advance your own progress as well. **(MAY 21, 2002)**

Whenever you have to deal with an important problem, find a quiet spot where you can be alone and, in the silence, concentrate your thoughts. Use your thoughts to rise very high, to that point where you sense your question will be heard, ask your question, and then wait peacefully. A reply will always come. However, the clarity of this answer depends on your degree of spiritual evolution: maybe it is just a vague sensation, difficult to interpret, but at least it is an indication. So, don't give up: link up again with the world of light, pose your question once more, and soon afterwards a sensation of clarity and certainty will permeate you. Doubt and uncertainty are dispelled. You know exactly what to do. The more we are developed spiritually, the clearer and more precise our answers will be. **(MAY 21, 1999)**

You must wish for harmony and peace, which are among the most precious of all possessions. But at the same time, do not forget that you can only progress by encountering difficulties and obstacles. It is important to understand that those who encounter harmony and peace without having previously learned to surmount obstacles are preparing lives of weakness and disorder for themselves. Why? Because they believe they can afford to slip into comfort and laziness. True harmony and true peace are rewards given only to those who have succeeded in conquering these weaknesses by manifesting qualities of disinterestedness, goodness and patience. They have learned to transform everything, to improve and make use of everything, and then, even if they are subjected to ordeals, they are untroubled, they do not suffer, and they do not cause others to suffer. Thanks to their sustained work, they have managed to establish a relationship with Heaven, and to exchange with the luminous entities which inhabit it. It is at this point that they have attained true peace and harmony. **(MAY 22, 2003)**

By confronting evil with evil, hate with hate, violence with violence, we are going back to an old philosophy which cannot give good results. Now goodness must oppose evil, love must dispel hate, and peace must vanquish violence. This law must be understood once and for all. Only good can struggle against evil, because good is immortal, whereas evil is made of perishable matter. Every word and act of hatred can be likened to a stone in the air: the more time that passes, the less force the stone possesses to rise. A good word or act, on the other hand, is like a stone thrown from the top of a tower: it picks up speed and power as it descends. This example illustrates the secret of good: it is weak to begin with, but finally, all-powerful. On the other hand, evil seems all-powerful to begin with, but becomes increasingly feeble as time passes. **(MAY 24, 1998)**

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A human being who has no spiritual life is like a seed which has not been planted. The seed remains in the storeroom where it obviously lives a peaceful existence, subjected to neither rain, wind nor hail. But it risks a worse fate: being attacked by mildew or eaten by mice. The seed which is planted, on the other hand, must brave all the elements, but it grows, bears fruit and becomes useful.

In the same way, those who embrace the spiritual life will not be spared: they will have to face wind and storms, but these conditions will allow them to grow and give their fruits to humanity. It is better to be exposed to the elements and to grow than to be destroyed in some storeroom by mice and mildew. And do not be troubled if the spiritual life presents you with difficulties that a purely materialistic life would have spared you. Despite the wind and the rain, despite the storms, continue to progress along this road, for it will lead you to a world that is divine.

(MAY 26, 2000)

The rich, the famous, the erudite, the highly successful: these are the people you tend to notice and appreciate. And when you meet people who exhibit great moral qualities such as patience, goodness, tolerance, purity, generosity, you fail to appreciate them, or indeed you do not even notice them. But when will you understand that it is thanks to these individuals, who do not attract attention or notice, that life is still possible on earth? Whilst the others go to great length to draw attention to themselves and fight to push themselves to the front, they are in the background, modestly continuing their beneficial work. The light, peace and harmony emanating from them purifies the atmosphere and makes the air more easy to breathe for everyone. I am not saying this to encourage you to turn your back on all brilliant and talented people. No, because fortunately some of them also possess great moral qualities. I simply wish to draw your attention to the fact that there are other, simple, good and pure people whom you have as yet not been in the habit of noticing.

(MAY 28, 2002)

You are looking at a balloon on a string. It strains to rise into the sky, but it is tied to the ground. Like this balloon, we too have something within us which aspires to rise, to fly away, but which is restrained by its bonds. We must try to loosen these bonds, so that this profound, eternal aspiration, which is engraved in the depths of our soul, this yearning to fly to the immensity of light and peace from whence we came, may be fulfilled. It is from this memory of a distant and lost homeland – a memory often vague and confused – that we draw our faith, for we bear within us, in the depths of our unconscious, an indelible trace of a far distant past when we dwelt in the bosom of the Eternal.

(MAY 29, 2003)

When you are anxious, troubled or irritated, you can feel the repercussions of these psychic states in your solar plexus, as if your energies were escaping, dispersing. The solar plexus is a vessel that stores vital magnetism and when it is drained, we lose the ability to concentrate and to function. Every anxiety, every feeling of disquiet has a negative influence on the solar plexus, which then empties itself of all its energies. On the contrary, if you are calm and at peace, you feel dilation in the solar plexus; you sense something flowing like a spring. The solar plexus is the reservoir of vital forces, the accumulator of all your energies. If you know how to replenish it daily by linking yourself to the four elements, and to the sun and the stars, you will sustain within you a spring, and every day you can draw from this spring whatever forces you need.

(MAY 30, 2003)

The reason why many people today find it so difficult to concentrate on any form of spiritual exercise is that they have never learned the right inner attitude. They are always in a hurry, always tense, always thinking of the hundred and one things they have to do. They are

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incapable of putting their preoccupations to one side. Something in their subconscious continually hinders their spiritual work and prevents them from getting results. It is certainly true that the hectic pace of life today and the many obligations it imposes are far from conducive to spiritual activities, which require us to free ourselves from the cares of everyday life and adopt a different rhythm. But if you get into the habit of devoting half an hour or an hour each day to achieving the conditions of inner peace, you will find not only that you are able to meditate, but also that your professional and family responsibilities become less burdensome. There is a time and a place for everything. **(MAY 31, 1995)**

People must become more and more aware that they have at their disposal faculties which are far superior to their intellect. Our intellect is a tool which serves us well for studying or exploring matter, but otherwise it is not a very good guide, even in our everyday lives. For not only does the intellect only give a partial perception of reality, it also, in all that it undertakes - and this is even more important - has a hidden motive, and makes self-centered calculations which will always create trouble. If we are ruled by our intellect, whenever we make a sacrifice or a generous gesture, we immediately wonder whether we have acted correctly, thinking how foolish we have been to listen to our heart and soul.

Moreover, the intellect is not capable of conceiving the idea of brotherhood amongst all peoples, of everybody on earth forming one family, of the whole world living together in peace and harmony. It cannot elevate itself high enough to discover true remedies, and true solutions. Partial and selfish, the intellect's vision and counsel are invariably wanting in some way, and can only cause misunderstanding. **(JUNE 3, 1999)**

Passions are like raging fires that are getting ready to destroy all that is most precious in human beings. But because passions also give human beings the illusion of living very intensely, they feed their passions instead of trying to control them, not realizing that what they are losing will never be recovered. So many people are like children playing with matches: they set fire to something to see the flames go up and they shout with joy whilst everything is being reduced to ashes. Poor ignorant creatures. They do not realize that within their organism and in particular in their brain, this fire causes tremors, crevices and collapse, and even if the effects are not immediate, once they appear, they are irreversible. Endeavor, therefore, to become aware of the repercussions your emotions and feelings have on your physical and psychic equilibrium so that you may continue to build your inner edifice in peace and harmony. **(JUNE 5, 2002)**

We have seen plans formulated for a Pan- Europe, a Pan-Asia, a Pan America or a Pan-Africa, with the purpose of establishing peace in the world. This represents great progress, of course, but nothing will truly be resolved in this way. Instead of country attacking country, this could mean continent attacking continent: Asia against Europe, for example. Would this be better? Only 'Pan-Earth' can solve all problems...Pan-Earth, the entire world united in one single family. Yes, the only solution to the problems of humanity is universal brotherhood. May all people reach out to one another and unite. One day, from every direction, we will hear people send up a cry for this fraternity to be realized at last, and this will be the most beautiful day in the history of humankind. **(JUNE 7, 2005)**

Those who want to work for the benefit of humanity must not expect to be welcomed wherever they go with understanding and gratitude; they must realise they will awaken hostile forces as well. Knowing this, they take precautions and continue their work. Just because we might arouse hostility does not mean that we should cease to work for the light; in this, too, we must learn to be daring and continue our work. Those who want to live in peace and quiet must not aspire to

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accomplish anything great or courageous, but must remain insignificant and unobtrusive. In doing so, of course, they will provoke no reaction. But is the solution to renounce everything great and beautiful in life in order to live in peace? No, despite the difficulties, despite the opposition and criticism, you must choose the path of generosity, of nobility, and continue on to victory!
(JUNE 8, 2004)

Most people experience very strong sensations when they eat, drink, make love, etc., but put those same people to watch the sunrise, and they are incapable of feeling anything except boredom. Why? Because the lower nature, which has them too much under its influence, reacts only to the coarsest sensations, so these people are left untouched by the wonderful subtlety of the sun's rays. A characteristic of a disciple who has set out on the path of evolution is a sensitivity to the sun's rays, a feeling that they speak to him, and bring him lucidity, clarity, peace and joy. The sun's rays are capable of plunging our hearts and souls into a state of rapture, but it is up to us to raise our level of consciousness and to immerse ourselves in this rapture.
(JUNE 10, 1998)

Many philosophers, poets and mystics have said that life is a dream. It is not because life is a dream, however, that we should allow long as people have money, machines, ourselves to indulge in daydreaming, as so many do. They want this, they wish for that, but these rambling incoherent dreams, with neither head nor tail, inspired only by sensuality, whims or laziness, are not to be recommended. One can dream, of course, one should even dream, but only if the dreams are conscious, divine, and always directed toward the good and the light: in other words, toward the Kingdom of God on earth, where all beings are living in love and peace, free at last. If more men and women often dreamed like this, they would quickly make their dreams come true. It is up to each one of us to create the sublime images that will bring about the transformation of the human race.
(JUNE 13, 1999)

It is no good deluding yourself that you will find peace by moving house or making new friends, by getting a new job, a new country, a new religion or a new husband or wife. Such changes might get you a breathing space perhaps, a brief respite, but in no time at all other problems are going to crop up to torment you because you have not understood that peace can come only from a change in the way you think, feel and behave. Change these and peace will dwell in you even if you stay in the same house and the same job and continue to be plagued by all the same difficulties. True peace does not depend on external circumstances, it comes from within, and all the turmoil and agitation of the world cannot prevent it from surging up and flooding your innermost being. It is like a great river flowing slowly from the heights. Once you possess that peace and are capable of pouring it out all around you and communicating it as a tangible, living reality, once you start working for the good of the whole world by giving peace to others, you become a different being, a child of God.
(JUNE 15, 1995)

By creating in you an image that embraces all perfections, by nourishing it, by reinforcing it, you gradually become another creature, because the image that penetrates you ends by transforming you. And once you have succeeded in creating within you this divine picture, everywhere you go it influences all creatures in a beneficial manner. Even animals, plants, stones, all of nature benefit from your presence because rays, forces, vibrations coming from you act favorably, bringing order, balance and harmony.
So many people wish to be loved and admired, and they do everything they can to make it happen! But unfortunately, they only make these efforts outwardly. To be loved, we must change

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our vibrations, make them gentler, more peaceful and harmonious, and this is possible only if we have created within ourselves a divine image, an ideal to be achieved. **(JUNE 17, 2001)**

When you feel anxious or distressed, do not give in to this state. Keep your thoughts from taking this negative direction, or you will end up blaming God for arranging things so badly. Whatever happens, strive to maintain a link with the region of peace within you that is sheltered from adversity, and do not allow all kinds of inferior thoughts and feelings to cloud your consciousness.

Consider the trapeze artiste or the tightrope walker: he manoeuvres freely in the air, free because he does not allow himself to become distracted by extraneous elements which would cost him his concentration and send him hurtling to the ground. In order to remain in the heights, you too must protect your consciousness from agitation, negative preoccupations and disruptive desires. Only by doing so will you remain in the regions of light and inner calm. **(JUNE 18, 2004)**

Above all, most human beings want to be materially successful, achieve their ambitions, and enjoy every possible pleasure. So they spend their time getting themselves into a state of confusion and filth, and then they wonder why they are in such a terrible mess. They do not know, or they have never wanted to know, that freedom, happiness and peace depend on a scrupulous sorting out of their thoughts, emotions and desires, keeping only the purest and best, and discarding all else. Every day we make this selection when we eat, discarding all bones, skin, seeds, stones, or whatever else is inedible. But we are also nourished by our thoughts, feelings and desires, and we need to remove every trace of selfishness, aggression and injustice from them, as carefully as we clean our physical food. This exercise is vitally important, so we must apply ourselves to it every day. **(JUNE 19, 1998)**

On earth we can find all kinds of regions: some wooded, flowery and fertile, where we can take a walk feeling fully secure and filled with wonder; and others, which are deserts, swamps or jungles infested with wild animals and poisonous creatures, where it is dangerous to stay. You know all this, but what you do not know is that these same regions exist also within ourselves. In us also are deserts and fertile plains, jungles and peaceful gardens, swampy ground where we can sink in and other firm land where we can walk safely.

To know geography, geology and also agriculture is fine, but it is even more important to know our inner lands and learn how to avoid some and enter others to look after them and cultivate them. It is good to know how to get around on rivers and oceans or to go climbing to summits of mountains, but it is even better to know how to control our inner storms and whirlwinds, and train ourselves to climb to the summits of spiritual mountains. **(JUNE 24, 2001)**

Sometimes a particle of dust, a hair, a thread or a blade of grass gets into a piece of equipment, or machine, and stops it working. Yes, the machine itself is intact, with all its working parts, but the smallest thing is enough to put it out of order. As for you, there you are with your head, your arms, your legs and your organs, all present and correct nothing is missing: but perhaps your neighbour did not say hello in passing, or you did not get the reply you expected, or a friend said something hurtful, or the dentist or the hairdresser kept you waiting longer than expected - the list of all these minor everyday hiccups is endless - and there you are, in a bad mood for the rest of the day. These are tiny specks of dust but they are enough to make everything in your mental, emotional and spiritual world grind to a halt. So think: is it really worth ruining an entire day for something so trivial? Learn to blow away the dust and you will feel so much more light-hearted, so much more at peace. **(JUNE 24, 1999)**

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In order to evolve and flourish, human beings must work consciously to create an atmosphere of harmony, love, peace and light, in which everyone can breathe freely and feel nourished. Only an atmosphere of love and harmony can benefit everybody. In order to create this harmony, we need to be in contact with the pure and luminous forces circulating in space. But it is important to know how to attune ourselves to these forces, otherwise we run the risk of incurring physical mishaps and trauma and, even more serious, psychic shocks and disturbance. The only work that is truly worth while is to think, day and night, about harmonizing ourselves with cosmic forces. If we concentrate on this work, any negative influences will gradually disappear.

(JUNE 28, 1998)

Human beings are torn between two contradictory tendencies: to imitate others or to show, that they are different from them. The result is that they often imitate them when they would do better to find their own way of doing things, and oppose them when they should try to be in harmony with them. In actual fact it is when they adopt an attitude of opposition that they most resemble others! If you really want to be different you should imitate the tiny minority of wise beings who work for peace and harmony in and around themselves. This is what a disciple does. And in doing it he becomes very different from the crowd, while at the same time he understands their sufferings and all their ills and anxieties. Those who are all so alike do not understand each other. They suffer from the same ills, but as each one is wrapped up in his own problems they are incapable of putting themselves in somebody else's place. Why is this? Because they have imitated the wrong people, those who are egoistical, passionate and capricious. **(JUNE 30, 1995)**

Holidays are for rest and relaxation. In reality, however, the majority of people return from holiday not truly rested because they have wasted all their physical and psychic energies by lazing about or in useless and demeaning activities. If you want to use your holiday well you should devote it to spiritual work. When you have spent several months of the year in tiring activities and fulfilling all kinds of obligations, the best form of rest is spiritual work, in other words praying, meditating, purifying yourself, living in peace, admiring the hand of the Creator in nature, occupying your thoughts with divine subjects. Do not misunderstand me, I am not narrow-minded and fanatical to the point where I want to deprive people of all the pleasures in life. Indeed quite the reverse is true, because I want to show them the path, lead them on a road where they will enjoy even greater pleasures. True spiritual life is so full of joys and pleasures that it is impossible to list them. But on the pretext that they are on holiday and need to enjoy themselves, most people deprive themselves of these true joys. **(JULY 4, 2002)**

Money is the source of all sorts of temptations. Great strength is needed to lead a spiritual life in the midst of opulence, rather than with the bare minimum of possessions. Why do you suppose that hermits seek to live in the desert, and monks make a vow of poverty? Because spirituality demands so much inner discipline and self-renunciation ' and wealth does not provide the best conditions for spirituality to flourish. Hermits and monks know that their true wealth lies in peace and clarity of vision. What good does wealth do if the struggle to obtain it strips away all our most precious inner assets? The good thoughts and feelings that we can distribute to everybody, without ever emptying our coffers, are our true riches. **(JULY 9, 1998)**

The spirits of darkness are wily. They do not appear before you with horns, a forked tail, surrounded by all the cauldrons of hell, because they do not wish to put you on your guard. On the contrary, they come with the promise that all your wishes will be granted, and they return again and again, until, like an over-ripe fruit, you fall into their snares. That is how they manage to seduce people: by promising power, pleasure and money. The spirits of good, on the other

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hand, say, 'If you listen to us, it is possible that you will gain neither fame nor wealth, because the Prince of this World is the guardian of these things. But we can offer you other things: light, peace, knowledge and, above all, life in abundance. Would you like to join us?' If you are enlightened and truly discerning, you will listen to the voices of heavenly spirits. Of course, if you do not, you will fall into the snares laid for you by the spirits of darkness. **(JULY 10, 1998)**

Everybody thinks; the only question is how they think. Go and stir up a heap of manure and you will smell a nauseating stench. Very often this is how people think. They stir up piles of manure and it stinks! Everybody thinks. There is not a man alive who does not think, for thought came before and takes precedence over everything else. Even idlers who never do hands turn think, but their thoughts drift like leaves in the wind. Others think actively about how to cheat and rob and assassinate others, but this is not really thought.

True thought means first of all that one knows what to think about and how to do so. When an initiate speaks about thought he is speaking about an instrument that enables man to approach the divine world, the world of light, certainty and peace. Make up your minds to do some real work through thought. In this way, even if you are alone and destitute you will be always joyful. Heaven and earth will be within you, they will belong to you. **(JULY 10, 1995)**

It is important to understand that neither likes nor dislikes are useful as criteria. This being the case, you must work to overcome your dislikes and stop blindly following your likes. Never forget that in the Universal White Brotherhood our ideal is to form one universal family living in peace and harmony, and that you must set the example. Even if you dislike someone, you must make the effort to be open and understanding, simply because you follow this teaching. By making this effort, you yourself will benefit, because you will succeed in conquering your lower nature which is always trying to drag you into confusion, misunderstanding and conflict. When you achieve this success, you enter a world of harmony and light, and soon you notice that everything is different. All those whom you once eyed with coldness and even hostility sense that you have changed, and they too become more open with you. **(JULY 11, 2004)**

When you are worried or anxious, the only truly effective way to regain balance and peace is to make contact with the light. You will say that you have often tried this to no avail, whereas with pills or certain potions you feel better immediately, and that you do not want to waste your time with methods that are ineffective. Well, even if your observations are correct, your conclusions are wrong. If you fail to obtain results with methods that make use of the light, it is not because they are ineffective, but because you have not yet learned how to work with the light. You are content to give it a brief thought from time to time, so of course you obtain no results. Instead, learn to vibrate in unison with it, to draw it to you, to allow it to penetrate all your cells, to make it ever more vibrant within you, and you will understand that nothing is more powerful than the light. **(JULY 13, 2004)**

A young man dreams of marrying a charming young girl he has met at a party, and after a great deal of to-ing and fro-ing – because he is of course not the only one to have fallen in love with her – he succeeds in fulfilling his dream. On the face of it everything is wonderful. But as he has never learnt to develop broad-mindedness, detachment, self-control, all his lower instincts begin to reveal themselves: suspicion, jealousy, cruelty, etc. He no longer has a minute's peace. He constantly watches his wife and all those who have contact with her. He suspects her of cheating on him, so much that one day, having been driven completely mad, he kills her, and he ends up in prison. Of course this story is slightly oversimplified, but this is generally what happens when you seek to satisfy your desires at all costs, without truly knowing yourself and

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without having worked on your character. Heaven only knows if your desires will indeed be fulfilled or if, on the contrary, you will find yourself in deep water. You want to marry the prettiest girl in the world, you want to become a government minister or the president, you want to win the national lottery, and indeed you can do that. But how long will the joy of success will last? Already the very next day problems arise. And are you ready then to deal with them?

(JULY 13, 2000)

It is the nature of our needs that determine your destiny. For example, if you need a large quantity of cigarettes or alcohol each day, if you want many houses, cars or businesses, or if you wish to spend your evenings in night clubs or playing roulette at the casino, your destiny is already marked out: degeneration, ruin, possibly even prison. The opposite is obvious, too: if your desire is to contemplate divine beauty or spread peace and light all around, happiness and prosperity will come your way. Why is it that so many people have not realized that each need, wish and desire places them on predetermined tracks leading either to infested regions, where they will be devoured by all manner of wasps, snakes and wild beasts, or toward magnificent and light-filled regions, where they will find untold joy? Yes, according to our inclinations, tastes and desires, it is we ourselves who assume the responsibility for our eventual destination.

(JULY 13, 1998)

So many people complain that practicing spirituality has brought them nothing. But in what state would they be if they had never tried to discipline their inner lives? At least the few rules they have attempted to apply, the exercises they have done, have paved the way to a healthier, more peaceful, more hopeful life. Let them abandon their spiritual lives and see if things are better then.

Let me give you an example: you breathe, you eat, you sleep and you say this has not brought you greater wealth nor power. But stop breathing, eating, sleeping and then you will see where you end up; very soon you will be six foot under. We eat, we drink and we see no change. But had we stopped eating, there would have been major changes. And it is exactly the same when you say spiritual life brings you nothing. It supports you, it allows you to maintain your equilibrium, and at least you are still alive, at least you still have hope, you still have light. And even if you possess this light, but are not enlightened, how would you have coped without it?

(JULY 15, 2000)

On a clear evening, stop a moment and gaze up at the stars. Imagine that you are leaving the earth behind with its conflicts and tragic events and that you become a citizen of the skies. Meditate on the beauty of the constellations and the immensity of the beings which inhabit them. As you rise up into space, you will feel yourself become lighter and freer, but you will above all find peace, a peace that will gradually seep into all the cells of your being. By meditating on the Wisdom that created the universe and the creatures that inhabit it, you will feel your soul putting out very subtle antennae, which allow it to communicate with the most distantly remote regions. Those are sublime moments which you will never forget.

(JULY 15, 1999)

A human being is like a monarch whose kingdom-his inner life-is the theatre of constant insurrections and civil war. He is often tossed this way and that by the contradictory claims of his subjects whose rebelliousness torments him and makes him unhappy. In order to recover our inner peace, harmony and happiness we have to pacify and domesticate the cells of our bodies, just as we have domesticated dogs, cats and horses, or as a lion-tamer subdues lions, tigers, panthers and performing bears in a circus. Why should we not do the same with our cells? If animals, even fierce beasts of prey, can be subdued and trained surely we can train our own

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wild animals, our cells, and get them to pull together constructively? Of course this requires a great deal of work, great will-power, and above all great love. You need strength, patience and love to capture them and train them to become your faithful servants. **(JULY 16, 1995)**

The spirits of nature like being given work, but they never concern themselves about the objective of this work, be it good or evil, beneficial or detrimental. Whoever it may be who gives them the work, they do it: they are in total submission to this superior will that has succeeded in dominating them. That is why so many magicians and sorcerers use them for abhorrent purposes. The spirits of nature obey, because that is how they are: they have no moral conscience, they do everything, whether good or evil, in the same way. Knowing this, it is up to human beings to be vigilant and to learn to use these nature spirits only for divine work. Ask this multitude of spirits, who are busily active in contributing to the life of nature, to give their assistance to all those who work for love, light and peace, for the coming of the Kingdom of God on earth. **(JULY 17, 1999)**

Some days you feel inexplicably rich, happy and at peace, as if you had suddenly received a gift from heaven. But at that moment, do you consider sharing a little of this inner abundance with those who are unhappy and alone? No? Well, you must learn to give some of this wealth, this plenitude that you cannot even contain, and say: 'Dear brothers and sisters throughout the world, what I possess is so magnificent that I wish to share it with you. Take some of this joy, take some of this light.' When your consciousness is sufficiently developed to do this, not only will your name be inscribed in the registers on high as someone who is intelligent and good, but what you have distributed in this way will be placed in your celestial bank account and, one day, should you need to, you will be able to draw on it. Yes, everything you give in this way remains in your possession. No-one can take it from you, because you have placed it in the reserves on high. **(JULY 18, 2004)**

You meet very few people who do not acknowledge the fact they need to live in harmony and light. But when they are told what they need to do to achieve it, they become more reticent. They feel they must first taste all the pleasures life has to offer, experience everything to know life fully, so it seems. How misguided they are. How can they imagine that having wasted their physical and psychic energies on such experiences, they will be in a state to do the inner work to taste the harmony, peace and light they seek. The only thing they will be capable of will be to read a few books, from which they will then quote: 'Moses said ... Buddha said ... Jesus said ...' They will of course not be capable of implementing anything these great masters have said. Well, I recommend that you live the teaching of the great masters and that for the rest, when it comes to impassioned adventures, you confine yourself to quoting from them. The universal literature is there to teach you what human passions are. All you have to do is read, no need to make costly experiences to know them. Understand this well, there is one life that should be lived and another that should serve simply for quotation. **(JULY 18, 2002)**

When you meditate and pray intensely, you send out harmonious waves, and these waves go out to the world to reach men and women who open themselves to this idea of a fraternity, this idea for which we work. Yes, by the powerful and harmonious waves that you emit, you send messages that are picked up by beings who are receptive and prepared for this. And without even knowing where this impetus comes from, they often make the resolution to work for peace and fraternity in the world, for the propagation of light, for the Glory of God. Wherever they may be and whoever they may be, even if we do not know them, all these beings are linked to us, for

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it is the design of Heaven that all children of God be united for the coming of His kingdom on earth. **(JULY 21, 2001)**

Contrary to the ideas of so many believers, prayer is not a matter of expressing our grievances to God. The Creator has given us all the means necessary, both material and spiritual, to look after our own needs and even those of others, and prayer should simply serve to help us rise in ourselves to discover those means. One might say that God already did His part for us long ago. It is not for Him to give us what we lack, but for us to search for it. What is the point of asking Him for health or the affection of others if we continue to live in a way that makes us ill or disagreeable? And what good is it to pray for peace if, wherever we go, we continue to carry a veritable battlefield within us? Prayer is, undoubtedly, an expression of faith, but faith must be understood as the force that incites human beings to surpass themselves, to transcend themselves. There are two kinds of faith: one is inspired by effort and activity, and the other is inspired by laziness. This faith, which should rather be called naivety, is useless, and even harmful. **(JULY 22, 2003)**

All religions have a common purpose. They all seek the centre which for us human beings is symbolized by the sun. The sun is the centre of the solar system and all the planets gravitate in a movement of harmony around it. This harmonious motion of the planets around the sun must be echoed and reproduced within ourselves so that every particle of our being moves in rhythm with the life of the universe. When we are contemplating the rising sun each morning, trying to enter into it and draw strength from it, and at the same time to find it within ourselves, we are drawn away from the chaotic fringes of our being and back to the centre where all is peace, freedom and light. In this way we gradually restore within ourselves a system exactly like the solar system, in which our own sun, our spirit, reigns at the centre. It is impossible to solve one's problems in the midst of anarchy. If we want to find solutions to the problems that confront us every day on both the psychic and the physical plane we must work to establish a coherent system within us. In other words we must make the sun the focal point of light and warmth around which all else gravitates. **(JULY 24, 1995)**

Decide once and for all to put a stop to all the little sorrows, troubles and annoyances that poison your everyday life. Then you will at last begin to taste the joys of peace and freedom. Watch yourselves, and you will see that you make your life difficult, not because of great misfortune and calamities, which are not daily occurrences, but because you make mountains from the molehills of a few little irritations. This is what can cripple the peace and freedom of your inner life.

Entscheidet euch ein für allemal, mit all diesen kleinen Kümernissen, den kleinen Unannehmlichkeiten und Beleidigungen ein Ende zu machen, die euer tägliches Leben vergiften. Ihr werdet dann endlich Frieden und Freiheit kosten. Beobachtet euch und ihr werdet feststellen, daß es nicht die großen Unglücke und schweren Unfälle sind, die euer Leben schwierig gestalten, die großen Unglücke und schweren Unfälle passieren nicht jeden Tag. Aber es sind irgendwelche widrigen Umstände, irgendwelche unliebsamen Dinge, denen ihr zuviel Bedeutung beimießt und die euer inneres Leben durcheinander bringen oder lähmen. **(JULY 27, 1998)**

When they see how vast and demanding spiritual science is, many people, instead of being pleased, are frightened and quickly withdraw into their shell. They sense they will have to accept many changes in their way of thinking as well as in their behavior and they do not like being disrupted like that, preferring to confine themselves to the small limited world they have

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fabricated for themselves, because it is safer and more comfortable. Well, they are mistaken. People who continue to strew in their old ideas lay themselves open to severe troubles and they will be shaken up and forced to evolve by events in their lives, and they will not be asked for their opinion. Relinquish all hope of living in peace and tranquillity if you allow yourself to sink into stagnation. Instead, always keep safely within you the desire to educate yourself and widen your field of vision so that your field of action may also widen. **(JULY 29, 2002)**

You think that only human beings can help other human beings, and that they can do so only through political, economic or social action. No, in this living and conscious organism that we call nature, and to which we belong, a multitude of entities are ready to contribute to the evolution of humanity. Earth, water, air and fire, the four elements and the entities that dwell therein have sworn before the Eternal to help all those who work at becoming creatures of peace, harmony and beauty.

From now on, wherever you go in nature, think of speaking to all these beings that live in caves, trees, streams, lakes and mountains. Ask them to come and participate in the coming of the kingdom of God on earth. One day, billions of spirits will start working on human hearts and brains, and Heaven will recognize you as a builder of the new life, a source, a son or daughter of God. **(JULY 29, 2001)**

Get into the habit of watching the stars ... On a warm summer night when the sky is clear, step out of your house and if you can, go lie down on the ground in a quiet place; let yourself be impregnated by this peace that softly comes down from the star-studded sky. Speak to each star and, as a living and intelligent soul, each star will say some words back to you. Try to find one with which you feel a special affinity, make friends with it, imagine that you are going toward it or that it comes toward you ... The stars are highly advanced souls. By listening to their voice, you will find the solution to numerous problems, and you will feel not only calmed but also enlightened. **(JULY 30, 2001)**

Too many people live any old how the entire day, and then in the evening, before going to sleep, they say a little prayer to ask God to forgive their wrong-doings. Well, it is not enough: these people should know that this behaviour is certain to keep the devil always at their side, like the monk in this story:

'There was once a kindly monk, who drank and drank. Every day the level of the wine in the barrels went down visibly. Somewhat shame-facedly, of course, he said his prayers every night and asked God for forgiveness, after which, his mind at rest, he slept peacefully until the following day, when he started all over again. This went on for years. One evening, however, he forgot to say his prayers, and during the night he suddenly felt someone shake him, saying: 'Hey, you didn't say your prayers tonight. Get up at once and say your prayers!' He woke up, rubbed his eyes and what did he see? The devil! Yes, it was the devil who had woken him; it was he who made the monk say his prayers every night. And why? To stop the monk from mending his ways. Since the monk said his prayers by asking God for forgiveness, his conscience was clear and the following day he would start drinking all over again, to the great joy of the devil. When the monk understood this he was so alarmed he gave up drinking once and for all. **(AUGUST 4, 1999)**

A person who is guilty of wrongdoing will sooner or later fall victim to the disorder he has created within himself. He may believe himself to be very powerful and able to do whatever he likes with peace of mind. But his evil actions are inscribed in his conscience, and sooner or later they will come to assail him, and his peace will be destroyed. Even a magus, who commands the whole

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of nature and is obeyed by the spirits, cannot escape this law, because there is no power in existence capable of appeasing a man tormented by the feeling of guilt. You must therefore count only upon your upright and honest actions. As soon as you transgress a law, you lose your powers, and they are restored to you only if you are able to rectify your faults. True magi distinguish themselves from ordinary human beings in that they are quick to redress their mistakes. It is in this that their power lies: in their ability to redress. If you fail to correct your errors, your power is insufficient to appease your conscience, but by correcting them, you act indirectly on your conscience and are once again at peace. **(AUGUST 5, 2003)**

It is not enough to love people; you must ask yourself how you love them. Strive to introduce purity and light into your love, for it is this condition alone that enables those you love to grow and attain fulfilment. True love must bring people all blessings: joy, peace, beauty, health and especially a sense of the meaning of life. If you see that the person you love is weakening and losing their joy of life, you must question your love and say: 'But what have I done to this creature? I was to cultivate it like a flower in a garden, but instead I have allowed it to wilt, I have damaged it!' You have little to be proud of and must seek to rectify your errors. Your love must help a being to grow, and only when you see that this being is blossoming because of your love can you be happy, proud and grateful to heaven. **(AUGUST 10, 2004)**

To a spiritual person nature is not simply a place where they go to experience silence and peace or to admire the beauty of the landscape. There is work to do for a spiritual person in nature. You will say, 'But what kind of work?'

When, for instance, you are at the seaside, by a lake or on a riverbank, address the entities that live there, saying: 'Spirits of the waters, unite and each time a boat comes by, inspire the men and women on it with the desire to improve something in their lives.' And do the same wherever you go, be it in a park, a forest or in the mountains. All the spirits of nature you have alerted are already busy, you have put them to work and they enjoy being set to work. The spirits of nature do not know what it means to work towards a divine idea, because they have not been blessed with a moral sense. They have no concept of right and wrong, which is why they can be enlisted for the purpose of either. When human beings decide to make use of them in their exercise of black magic, they quietly obey. So you, at least, learn to use them only towards good, towards making the Kingdom of God on earth. **(AUGUST 11, 2002)**

Your first concern in everything you undertake must always be the idea, the motive for your action, the goal you want to achieve. The activity itself is not so important. Disregard the fact that it might win you the appreciation of others or that it might earn you large sums of money. It may be that by following a spiritual teaching you appear not to be doing a great deal, but if you follow this teaching seeking to uphold the idea of peace, harmony and brotherhood in the world, you are gradually adding a few elements, accruing them for your future, towards your evolution, and that will change your entire destiny. You may not see any results for a long time, but one day the blessings will descend upon you from all around, because everything you have done has been recorded and you are reaping the rewards. Human beings judge you by your material achievements, whereas Heaven rewards or punishes you on the basis of your motives. Therefore, expect the rewards for what you do by working to uphold the idea of peace and brotherhood to come from Heaven, not from human beings. **(AUGUST 12, 2002)**

While you are here taking part in our conventions for two or three or four weeks, the spiritual atmosphere that enfolds you helps you to find your true self you have a sense of peace and equilibrium and you see the meaning of your life more clearly. Then you go home again and are

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immediately caught up in prosaic reality. Very soon there is almost nothing left of what you experienced here. This is normal and inevitable, especially in the beginning, but you must try to conserve the benefits of this spiritual retreat longer each time. Tell yourselves, 'I know that I cannot run away from everyday reality but I can and must treasure the luminous experiences I have had. It is they that will protect me when I am discouraged by difficulties. Whatever happens I shall never give up, never slide downhill again, never lose my ardour, my enthusiasm, my hope!' **(AUGUST 12, 1995)**

If you are asked: 'Do you truly value your health, your beauty, your peace, your greater development? Do you truly value being loved?' you will say: 'Well yes, of course, that is all we want.' So why do you do nothing to achieve this? All these blessings do not just come to you like that, by chance; you have to make some effort to attract them, you have to work on your aura, because it is your aura which will bring them to you.

There are methods of concentration which develop the aura, but the best method, the surest, is by developing virtues. With love you vivify your aura; with wisdom you make it luminous; with strength of character you make it powerful; a pure life makes it lucid and clear. Each virtue you develop gives a specific quality to your aura. And this aura – alive, luminous, powerful and sparkling – attracts all the blessings of Heaven to you. **(AUGUST 15, 2000)**

Always make big efforts to preserve your link with the divine source. Wherever you are – on the street, in meetings, in the dentist's waiting room – whether you are reading, singing, eating, working – link yourself for a few seconds to the source, to the sun of the universe, and then carry on with what you were doing. Nothing is more precious than this habit. You may say that you do this, but without great results. Do not ask for noticeable results; only ask to be able to make this connection, because the very fact that you have linked with the source brings you such happiness and well-being that you need nothing more. Immediately you become rich, strong, powerful and invulnerable. So, to gain peace, light and plenitude, do this exercise.

(AUGUST 15, 1998)

The need to dominate, to have power, is so strong in some people that we now see the most materialistic scientists starting to explore the field of initiatic science – telepathy, clairvoyance, clairaudience, radiesthesia and psychometry – and they classify all this as 'parapsychology'. Providing it can give them power over others they will accept any theory, however insane they may have found it previously. They accept any knowledge of initiatic science which can help them achieve their aims, and they reject any knowledge which cannot give them power. However, using initiatic truths as a means to dominate others is highly immoral, and those who do so will be punished by Heaven. You should only use this spiritual knowledge to help and comfort others, to spread light and peace in the world. Then it will be noted in Heaven that you are a white magus and soon divine blessings will start to rain down upon you.

(AUGUST 16, 1999)

As soon as you leave a town or city, you are surrounded by nature. Whether you go into the woods, up mountains, to lakes or to the seaside, if you wish to demonstrate that you are children of God who aspire to a more subtle and luminous life, you must show that you are aware of the etheric creatures who live there. Approach them with respect and reverence; begin by greeting them, and tell them of your friendship and love. Awed by your attitude, these creatures who perceive you from afar will begin to pour their blessings on you, in the form of peace, light and pure energy. You will feel bathed and enveloped in the love and wonderment of these spiritual

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beings, and when you return to the valleys, to the towns, you will bring with you all these riches, new ideas that are vast and profound – revelations. **(AUGUST 17, 2004)**

We say that people are gifted, whether they be great artists, true clairvoyants or brilliant mathematicians. And what is a gift? It is a spiritual entity that has taken up lodging in somebody to help and work through him. Of course, psychologists would never admit that talents and great capabilities are entities that live in people. But the proof that the marvels people do are not created by the individuals themselves but by entities working through them, is that these same people can lose their gifts. In fact, this often happens to those who lead disordered lives. Do you want to attract superior entities that will bring you gifts and virtues? Introduce inner light, harmony and peace into yourself, because these are the conditions divine entities need in order to manifest. They are all there, waiting, and when they see someone who has prepared a worthy dwelling for them, they enter into that person with great joy, to help him and to help others through him. **(AUGUST 19, 1998)**

The whole of space is threaded through with countless waves, and science has developed highly sophisticated instruments which are capable of picking up some of them. But there are other waves of a subtler kind that we can also learn to pick up, for we all have the instruments we need, the psychic centres that the Creator has placed within each one of us. These centres are receivers that enable us to tune in to waves transmitted by the entities of the spiritual world. In order to pick up a radio programme we have to tune our receiver to the right frequency. And in order to pick up spiritual waves we have to do exactly the same.

Your work as disciples is to awaken your consciousness to the reality of these distant worlds which are constantly sending you messages. Instead of spending your time ruminating old grudges or unresolved problems, learn to use the instruments God has given you to establish communications with these regions and their inhabitants, to vibrate in harmony with them, to enter into their aura, into their happiness, light and peace. If only you could tune in to these waves you would hear celestial entities talking to you about your future, about your inner wealth, about the life that will be yours once your consciousness is fully awakened. **(AUGUST 22, 1995)**

Once you have learnt to create a pure atmosphere, cleared of all disharmonious elements, you will feel that your soul is visited by invisible beings who come to help you, protect you and transform you. In the midst of love, beauty, purity and light, great changes can take place within you.

When you are in a forest, near a spring or by a lake, stay there a while, motionless and let the silence, coolness and clearness penetrate you. When you listen to the water and the birds sing and the leaves rustle, when you gaze at the stars, the night, abandon yourself to this peace, this harmony. You can also learn to savor people, in the same way that you savor nature. When you stand before a person who emanates the fragrance of a garden full of flowers or the music of a spring, open yourself up to them, because this person can enlighten you, guide you and save you. **(AUGUST 23, 2002)**

When a society makes its economic interests its prime concern, even when this society achieves major successes, the day will inevitably come when it is faced with problems that it did not have the wisdom to foresee. Here is an example: there is nothing more profitable for a country that manufactures arms than to export those arms. That is how increasingly murderous equipment is sold to peoples who, by fighting continuously; pose a threat to the peace and safety of the entire planet. Some of these peoples are barely able to read and write, but that does not stop arms dealers from supplying them with the most sophisticated weapons, even sending experts to train

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them in their use. On the one hand a great deal of money is made. That is true. On the other hand, however, these profits will have to be paid for dearly because there will be an inevitable result: huge problems and the vast expenditure needed to put an end to the conflicts breaking out all over the world. We face insurmountable problems if we do not think things through and consider the end result. If immediate benefits are our sole concern, the problems will be even more serious. **(AUGUST 25, 1999)**

Precious metals and precious stones belong to the element earth. They are of the earth but of a transformed, sublimated earth, a quintessence of all that is most pure in it. And because they represent the work of the earth, precious stones have been chosen as the symbols of the virtues human being attain by working on their own matter. The custom of using precious stones to adorn the clothes of priests and the crowns of kings stems from the knowledge of this symbolism. They represent the qualities and virtues these people must possess in order to carry out their duty with dignity. And each virtue is associated with a stone: wisdom with topaz, peace and harmony with sapphire, love with ruby, etc. But let us not be waylaid by wondering whether these priests and kings deserve to wear all these precious stones. It is the symbolism that counts. Yes, if the terrestrial kings, if the popes and cardinals wear ornaments of precious stones on their heads, it is because the crown of the supreme Master of Creation is adorned with precious stones and these stones are the angels, the archangels, the divinities, etc. **(AUGUST 27, 2000)**

Learn to work with light, for light contains all wealth. When you begin to possess this wealth you will see that your relations with other human beings gradually improve. Why? Because when one is rich one becomes generous. Don't misunderstand me, I am talking about true wealth, the wealth of the great masters and initiates who possess such abundance, such a profusion of riches that they long to love and help others. You have no conception of the power, wealth, clarity, purity and intelligence contained in light. This is something you will understand when you have learned to work with the seven colours of which white light is composed. Each colour is the expression of a virtue. Red expresses life and love; orange, health and holiness; yellow, wisdom; green, evolution and eternity; blue, truth and peace; indigo, strength; violet, spiritual love and divine omnipotence. Work with the virtues of the seven colours and you will begin to understand what true wealth is. **(AUGUST 28, 1995)**

The fluidic emanations of human beings could be compared to different types of gas. If we had laboratories with sufficiently sophisticated equipment, we could verify that some of these emanations are so polluted and impure that the effect they have in the psychic world is as toxic as poison gas. And we could also make the reverse observation: that the emanations of a spiritual being are extremely beneficial for all creatures. Such a being, by his presence, acts favorably on all those around him because he has conquered the human weaknesses, and even the spirits who have left the earth go to him to feed themselves from their emanations. If the atmosphere of the earth has not yet become totally unbreathable it is because there are men and women who are disinterested, i.e. unbiased by personal interest and full of love and who have devoted their life to peace and light. **(SEPTEMBER 1, 2002)**

'When you pray, go into your room, close the door, and pray to your Father who is there in the secret place.' How should we understand this secret room of which Jesus speaks? When man succeeds in creating silence and peace within himself, when he needs to express his love for God and to communicate with Him, he is already in his secret room. You may wonder where this room is: is it perhaps in the heart, in the mind, or in the soul? In fact, it is a level of

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consciousness which you strive to attain. For example, you are meditating upon a difficult problem in the inner life, and after a while, there is light within you, and you understand. What has happened? Where has this understanding come from? Your spirit had this answer all the time, but your consciousness was not yet ready to rise to it. So this is the meaning of Jesus' words: the person who prays and meditates locks himself in his secret room, and there he receives revelations. **(SEPTEMBER 5, 2003)**

In the face of certain failures, you might tell yourself: 'I am incompetent, weak, poor, and stupid. I am worthless.' Very well, you may well be stupid and incompetent, and all the rest, but it is dangerous for you to dwell on it. When you experience a period of this kind, show a little intelligence and make efforts to think: 'All right, I am worthless! I know it. But there are rich, beautiful, and wise beings in the world, and I am going to unite with them by means of thought in order to benefit from their qualities and virtues.' Also, try to recall all the wonderful moments of peace, light, and inspiration that you have already experienced, for once you have experienced them, they cannot be wiped out. Cling to those moments, and little by little, courage and faith will return to you. **(SEPTEMBER 6, 2003)**

Radio, the telephone, radar and so on have been made possible thanks to the discovery that space is full of waves. But why should science and technology be the only ones to exploit this discovery? The waves that enable us to talk on the phone or listen to a radio or television program are not the only ones in space. Other, subtler waves criss-cross the whole of space and we must learn to receive them too. The Lord has given us the power to do this, for He has equipped man with instruments that enable him to tune in to the wavelengths of the Initiates, Angels and Archangels, to the wavelengths of Heaven itself. Why be perpetually tuned to human stations which oblige you to listen to their caterwauling, threats and recriminations? Why not use the instruments God has given you and get in touch with a higher order of beings, get onto their wavelength and enter into their aura, their happiness and their light and peace? **(SEPTEMBER 11, 1987)**

Suppose you have an icon or a holy picture at home: morning and evening you light a candle, you pray and ask it to protect you. But what do you really believe? It is not the icon that will protect you, because an icon is nothing more than a lifeless object. What will protect you is the state induced within you by your prayer and meditation, the effects of which remain imprinted in you and guide you in the way of light, love, and peace. You are the only one who can really do something for yourself, thanks to your inner ties with heaven. Statues or holy pictures are only a point of departure, a prop. **(SEPTEMBER 13, 2003)**

Seek the Kingdom of God, hope for the Kingdom of God and nothing else, because the Kingdom of God is a state of perfection, of fulfillment, comprising everything: health, wealth, beauty, order, freedom, peace, wisdom, love, joy and more. So, instead of naming all these blessings in your meditations and your prayers it is less 'labor intensive' to talk of the Kingdom of God, which is the synthesis of all these people say: 'If only I were powerful; if only I were rich; if only I were beautiful.' But these are only individual aspects, attributes of the Kingdom of God and as soon as we begin to wish for something in particular, we create an imbalance. The Kingdom of God is above all a state of equilibrium and harmony, and if we seek one individual thing, it is obviously at the detriment of something else, and already the seeds of imbalance are sown. Everything our soul, our spirit, our heart, our intellect, our physical body need is contained in these words: the Kingdom of God. **(SEPTEMBER 13, 2000)**

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If the planets refused to gravitate round the sun, if they went off on their own they would die, because they would no longer have the light and warmth that the sun gives them. Everything in the universe is built on the same pattern, and this means that a human being's organs and cells will also die if they are no longer linked to his spirit, his divine self, just as the planets are linked to the sun. Initiates find this truth everywhere in nature. Everywhere, that is, except in the minds of men.

People imagine that by cultivating anarchy and rebellion they are enhancing their strength of character. No, the only thing they are enhancing is their ignorance, for such an attitude can only lead to gradual decay and disintegration. Man's true strength lies in uniting all the instinctive impulses of his being in an irresistible movement towards his solar centre. Once he reaches this goal, harmony, fulfilment and peace take up their abode within him. **(SEPTEMBER 17, 1995)**

Even if your mind wanders to other things while you are in the presence of the rising sun, you still receive some physical benefit from its heat and light; but you will not receive the subtler elements which are capable of helping you to advance your spiritual evolution. Whereas if you are aware that the sun communicates its life, love, wisdom and beauty to you through its rays, you prepare yourself to receive them by opening thousands of doors through which they can enter and deliver their load of treasure; in this way the sun fills your whole being with its blessings. This is why it is so important to be aware of what the sun represents; it is the only way to receive the elements which will help you to reach a more profound understanding of the laws and mysteries of nature and to know peace and happiness. **(SEPTEMBER 21, 1987)**

To dwell on questions about the existence of evil only saps your strength, and any attempt to suppress evil is an exercise doomed to failure. Then what can be done about it? You can fortify yourself so that you are able to withstand it. What do we do in winter against the rain and snow, against storms and the cold? Do we go outside and command the forces of nature to calm down? Perhaps it is like that in fairy tales, but in everyday life we work on our house: we reinforce it, we check the insulation, and we install good heating. When the job is done, we are at peace. Well, wisdom tells us to take the same measures with regard to evil. Instead of struggling against it, we must concern ourselves only with becoming more resistant, so that we can understand it better and act more effectively. And this is how a misfortune, which otherwise would bring us down, actually helps to strengthen us, to make us hardier and more noble. **(SEPTEMBER 22, 2003)**

Even people who believe in God do not always know why they pray. They ask themselves: 'Why does God need our prayers?' In fact, God does not need our prayers. He has installed certain devices in us, saying: 'Now it is up to you to get them working. They are built well, so they will work well.' You have no doubt seen these automatic food or drink dispensers in stations. It is you who make them work by inserting money into them. The station master does not get involved, he has nothing to do with it. Well, in the same way God does not get involved with the workings of our inner devices, our inner machines. He has given them to us and now all we have to do is insert some coins to make them work. When prayer is done correctly, it gives results because it is like a coin that you insert into the machine. Every time you pray you emit a force, which is projected outwards but also and especially inwards, where it sets certain wheels in motion. This is why you feel peace, joy and beauty come over you. **(SEPTEMBER 23, 2002)**

Many people complain that they feel distressed, tormented, off balance ... They are told how to get out of these deplorable states, but since they are not given pills to swallow but exercises to practice, they answer, that they do not have time. Well, yes, people are incredible: They are told

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what they can do to restore balance and peace, but they never have time! Well, that is something you must never say, in reality, there is always time. Yes, those who have no time to pray, meditate or do some exercises will have time to suffer. Those who have no time for light will have time for darkness. Those who have no time for health will have time for sickness, tossing and turning in their bed... This is a mathematical certainty, an absolute.

(SEPTEMBER 24, 2001)

The time has passed when human beings were advised to live a solitary life in order to evolve and earn their salvation. We are now entering the era of brotherhood. Human beings must no longer erect barriers among themselves, but must walk together, side by side, to form a universal brotherhood on earth, in which all beings will form one vast family. When this is realised, frontiers will fall, and instead of wasting enormous sums of money protecting themselves from others, all nations will live in abundance and peace.

These are the ideas that inspire the teaching of the Universal White Brotherhood. They explain why our ideal is to develop ourselves on all levels, so that we may become examples. Our ideal is for all of humanity to advance together, united by this love that God has envisioned for all human beings. Our ideal is to live harmoniously within the collective life, because it is here that all blessings are to be found.

(SEPTEMBER 25, 2003)

Lucidity is among the best of all human qualities. Therefore, before launching yourself into a project, say to yourself: 'It is light, peace, and mastery that I seek; will I achieve them by doing this or that?' According to the tenets of initiatic science, you can receive the correct response immediately. Otherwise you are going to throw yourself body and soul into occupations that gradually will weaken and destroy you. Look at today's businessmen who are always agitated and race the world over to find yet another market, to open yet another branch...How many of them realise that all these responsibilities and activities, into which they throw themselves for the satisfaction of their greed, will destroy their nervous systems? They lose their peace of mind and their health. So, what benefits will they gain from all this? They end up making serious mistakes that is all! Before setting out to acquire something, or before taking on a certain role or job, always ask yourself where your desires will lead you.

(SEPTEMBER 26, 2003)

Eating is a process by which we introduce into our body elements that will contribute to the building not only of our physical, but also of our subtle bodies. It is thus particularly important that this act – which we repeat every day, several times a day – be accomplished in a peaceful and harmonious state. That is why I always stress the importance of meditating a few minutes before meals. I know that it is not a very widespread habit; most people do not even say a prayer: They instantly go at the food and wolf it down while talking, squabbling, shoving the utensils around ... That is why they obtain no great benefits from food: They absorb only its crude elements. To be able to absorb the subtle elements of food, the etheric elements that contribute also to the nourishment of our thoughts and feelings, we must be prepared to eat in a harmonious and meditative state.

(SEPTEMBER 27, 2001)

Before undertaking anything important, you should focus your mind on the world of light for a few moments and ask to be shown what you should do. The answer will come to you in the form of an idea or a precise feeling or in the shape of a symbol. If the answer is quite clear you can go ahead, but if you feel the slightest fear or hesitation, or if something is unclear or contradictory, if you feel a lack of calmness, peace and harmony, it means that there are obstacles or enemies that are preventing you from acting. In this case, wait until the next day, ask for an answer again, and put off your decision until the way is clear and without hindrance. The heart and the mind

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are screens onto which the entities of the invisible world project their answer. Before taking an important decision, therefore, look carefully at your screens. **(OCTOBER 1, 1988)**

One day a priest was addressing his parishioners, the majority of whom were very rich. He said to them: 'Brothers, as you can see, our church is old and needs to be restored. But it will be very expensive, so let us think what we can do.' In one voice the parishioners replied that they were going to pray to God so that He might help them raise the necessary money. 'What?' said the indignant priest, 'you are millionaires, and yet you wish to bother God for a sum of money you can easily find yourselves!'

Well, that is the notion of prayer held by many of the faithful: they ask that their affairs be arranged by divine intervention, when they could very well manage themselves if they decided to do what needs to be done. When they are in an altruistic mood, they pray for peace in the world, or for less poverty, but here again, God Himself must intervene. And this is why wars and poverty continue: because human beings delegate to God work they themselves should buckle down to. They must ask God only for light, so that they may always be inspired.

(OCTOBER 3, 2004)

Often it is not danger itself that frightens us the most, but the panic we feel when faced with it. Thus, if you find yourself in such a situation, before taking action, remain still for a moment. Do not move or speak; close your right hand and breathe deeply, all the while linking yourself to heaven. By doing so, you will manage to gain control over your cells, and you will then be able to do what is necessary to save yourself. But above all, do not move; because giving over to an uncontrolled movement is like blowing up a dam: unbridled currents will surge through you, and you will not be able to save the situation. We have known people to throw themselves out of a window in such circumstances, or into a fire.

Faced with danger, remain still for a moment and link yourself to Providence. It is then that you will feel peace take hold within you, the essential condition for awakening the forces that will save you. You will feel these forces, because they are always present within you, but you must give them the right conditions in which to manifest.

(OCTOBER 3, 2003)

Most human beings view the approach of old age with anxiety. For many, in fact, old age is a very unhappy time because of the way they have lived previously. They have wasted their energies in ordinary, useless activities, and then when they have almost nothing left, what can they expect from old age? But for the disciples of initiatic science, old age is the best period of life, because the years of searching and inner experience have given them clarity, peace, and serenity.

Obviously, even for the person who lives a sensible existence, old age will arrive one day with its inconveniences: weakness and illness. But those who have done real inner work will go through these times with greater confidence and tranquility, never ceasing to enrich themselves spiritually.

(OCTOBER 4, 2003)

A man or a woman cannot create a child on their own, but by means of the spoken word they are each creators, quite separate from each other, because their mouths contain both principles – the masculine and the feminine – in the form of the tongue and the two lips. The Gospels illustrate this. It is thanks to the omnipotence of words that Jesus performs miracles. He says to the paralytic: 'Stand up, take your bed and go to your home.' When Jesus raises Lazarus to life, he goes to the tomb and he cries with a loud voice: 'Lazarus, come out!' When he raises the daughter of Jairus to life, he takes her by the hand and calls out: 'Child get up!' When he heals those possessed with demons, he commands: 'Come out of the man, you unclean spirit!' When

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he cleanses a leper, he says: 'I do choose. Be made clean!' When he calms down the storm, he says to the sea: 'Peace! Be still!'

Looking at the way our body is built teaches us about the two principles, the masculine and the feminine. It teaches us that only below, on the physical plane are the two principles separate, since physically a human being can only be either a man or a woman. But up above, on the divine plane, the two principles are united as they are united in the mouth and this is why above human beings are creators, they are free and they live in fulfillment. **(OCTOBER 5, 2000)**

When they become conscious of their weaknesses or failings, some people decide to change their lives. But, for many, this decision resembles the decision to fast: at first they feel very sick. Those who have never before fasted for twenty-four hours experience palpitations, headaches, cramps and vertigo. So what should they do about it? Give up? During a fast the organism feels a little freer and decides to declare war on all the impurities accumulated over a long period of time, and this cannot take place without certain discomforts. But these discomforts soon give way to a feeling of peace and well-being that is gradually reflected in its physical and psychic health.

It is the same for those who have decided to change their lives: they enter a world of vibrations and currents which are purer and more intense than they are used to, and at first they may feel distressed. But if they are patient, if they persevere, they will experience the purification, the illumination and the increase in clarity that will take place within them. **(OCTOBER 6, 2004)**

How many complications in life arise because we are impulsive and do not know how to hold our tongue! During a conversation with a boss or a colleague, for example, you are not sufficiently vigilant, and you let a few unfortunate words slip. Well, it is done, and the relationship is finished. You are obliged to part ways, and then there are law suits, expenses, and so on. You say you will attempt to make amends, but it is not so easy.

Understand, therefore, that it is always better to be watchful and sensible, and to avoid creating disorder, first of all within yourself. We have very little control of the outer world, but in all that we ourselves do, it is possible, if we are conscious and vigilant, to introduce harmony, peace, and light. Those who learn to practise patience and self-control every day are able to soothe the conflicts which arise in their circles. Their conduct inspires esteem and friendship in family and acquaintances, who gradually begin to help them and do good things for them. It is with attention and self-control that we are most likely to resolve problems. **(OCTOBER 9, 2003)**

The world is full of people who continually demand material gain and even Heaven is snowed under by a bombardment of multitudinous requests. Of course, 'snowed under' is only a manner of speaking, because Heaven can immediately grant us anything we desire, if it so wishes. Even so, rather than asking for material gratification, it is better to ask for the necessary light, love and wisdom to rescue your friends from their difficulties, and to give them a hand along the path of evolution. Ask for the strength to accomplish the will of God, and ask that his Kingdom of Peace, Love and Eternal Life be realized on earth. As prayers such as these are extremely rare, Heaven will exclaim, 'At last! Here is someone outstanding. We will attend to his requests right away and make sure his desires are granted in full.' To other demands the invisible world replies, 'You have to wait! We will see about that later.' **(OCTOBER 9, 1998)**

People tend to think any dissatisfaction they feel can be remedied at a physical level. They act as if this dissatisfaction came from the physical body and so they give their physical body something to eat, something to drink, to smoke, they walk it about and they lavish all kinds of pleasures upon it. But their physical body is full-up, saturated, it is suffocating and is

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complaining: 'Stop, you'll be the death for me. And it's no good gorging me like this, it won't make you feel any better.' But people do not understand the language their body talks, and they stubbornly continue, telling themselves that perhaps this time they did not find what they were looking for, but maybe next time they will. Unfortunately the next time is no different; all they find is a void. But still they carry on.

In reality the physical body needs very little. The complaints we hear within us come from our soul and our spirit, who never stop begging: 'I need purity, light, space. I need to watch the sun. I need to unite with God, to work for the advent of His Kingdom so that peace may reign one day among human beings.' These are the voices we must try to hear within us and we must listen to their demands so that we may satisfy them. **(OCTOBER 12, 2000)**

In order to understand love truly, we must first admit that, contrary to what most people think, love is not a feeling – because a feeling is inevitably subject to variations depending on the person to whom the feeling is directed – but a state of consciousness that is independent of people and circumstances. To love is therefore not to have a feeling for someone, but to do everything with love: Talking, walking, eating, breathing, studying, with love. It is to have reconciled all our organs, all our cells and all our faculties so that they vibrate in unison in light and peace. All the manifestations of our being are then impregnated with divine waves and fluids. Love is a permanent state of consciousness: Day and night, we live in this state of joy and expansion in which everything we do is a melody. **(OCTOBER 13, 1999)**

If human beings experience so many failures and difficulties in their lives it is because they are inwardly divided: The heart pulls one way, the intellect another and the will a third; the stomach wants one thing and the sex another. There is an old fable that tells of how an eagle, a fish, a mole and a crayfish decided to carry a burden together: The mole pulled towards the ground, the fish towards the river, the eagle up towards the sky and the crayfish pulled backwards. Well, you can guess how far they got with their burden! And this is exactly what happens most of the time with man, for there is nothing more difficult than to unite all one's different tendencies and get them to pull in the same direction. From time to time it can be done – but so rarely! And yet it is this unification of his different tendencies which alone can give man genuine balance and peace. **(OCTOBER 17, 1987)**

Before marriage was instituted amongst human beings it already existed in nature, in the cosmos. True marriage is the union of spirit and matter; it is from this marriage that the whole of creation is born. Each atom is the fruit of the marriage of spirit (energy) and matter, and when the husband is separated from his wife in nuclear fission, the separation causes everything to disintegrate. In his fury the husband destroys his wife. When they were united they lived and created together in peace. When they are forced apart they produce explosions. Energy has to unite with matter in order to fashion it and give it form. And as all that is above has its exact reflection throughout creation, the same phenomenon can be seen between man and woman. Marriage has millions of different forms but it is still marriage. **(OCTOBER 26, 1995)**

You say you pray but do not know if Heaven hears your prayers. Yet it is possible to know. If, after a prayer, you feel stronger, enlightened, peaceful, it is because Heaven has heard you. This does not mean that, suddenly, there will be visible and tangible results; no, concrete results will not come right away, but Heaven has heard you, it has taken your request into consideration, and that is the most essential thing: To feel that your prayer has been heard. The effectiveness of a prayer depends on its intensity, which is linked to the power that we have to free our thoughts and feelings from all the preoccupations that do not concern our prayer. So

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leave everything behind for a moment and go deep into yourself to find a way that will put you in contact with the divine world: It is only on this condition that Heaven will hear your prayer.

(OCTOBER 27, 2001)

'To know, to want, to dare, to be silent.' The science of the initiates can be summarized in these four words. But why 'be silent'? Because from the moment you know what to do and you have the will to do it and you dare undertake the work, there is nothing more to add. The whole of your being will show the results of your work. When you dwell in peace and joy, is it necessary to tell others? No, they see it, they sense it. And if you are living through an inner storm, you may well say you are swimming in serenity and harmony, no-one will believe you, or they may even laugh in your face. Because here too, everything – the disorder, the noise – shows through. Human beings talk and talk, and they think that by amassing words and sentences they will manage to convince others, whereas reality should suffice. Unfortunately their sentences say one thing and reality often says another. This is why it is important to meditate on this very significant precept: *'to be silent'*.

(OCTOBER 28, 2002)

Each day devote at least a few minutes to introducing harmony within you. Close your eyes whole making an effort to free your mind of everyday worries and direct it toward the summits, toward the sources of life that flood the universe. When you feel you have stopped the flow of thoughts, feelings and images that go through you, pronounce the words 'thank you' inwardly. These are the simplest words, which nonetheless unravel all tensions, because when you are grateful, you are in harmony with Heaven, you come out of the narrow circle of your limited self in order to penetrate the peace of cosmic consciousness. Remain in this state as long as you can and when you come back to yourself, you will feel that new and very precious elements have been introduced into your being: serenity, lucidity and strength.

(OCTOBER 29, 2001)

Both within and without, human beings are constantly the stakes in battles between the principle of life and the principle of death. These two opposing powers are always confronting each other and it is always the weakness of one that makes the strength of the other. When a kingdom is powerful and prospers, all its enemies keep their distance. But as soon as it begins to weaken through the negligence of its governors or citizens, the enemies take the opportunity to attack and destroy it. Well the same happens within us, as hostile forces are always threatening to weaken us by taking away our peace, our inspiration and our courage. And we must be aware of them if we are to be able to stand up to them. Since we have come to earth to carry out work, we must not let negative forces become victorious. We must help the powers of life as much as we can, through knowledge, faith, hope and love, so that they may come out the winners.

(NOVEMBER 3, 2002)

Few people have an understanding or even an intimation of the role a spiritual master can play in guiding their destiny. They do not want to know all that a moral and philosophical teaching could do to rectify, improve and harmonize their lives, because they tell themselves that with such a teaching they would no longer have any peace. It would endlessly emphasize their weaknesses and the danger of the paths on which they often embark. If they failed to follow the rules, they would feel guilty, and this they could not tolerate. It is a pity, because with this attitude they will face far greater suffering and restraints than those they would endure if they followed the recommendations of a master.

(NOVEMBER 4, 2004)

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Only our example can convince those around you of the value of the philosophy or teaching you are following. Let this be very clear for you: The teaching of the Universal White Brotherhood must not be used to tell others what they must do, nor to make it your business to give them advice, but rather to become, you yourself, a living and beneficial example for everyone. The goal of our teaching is to help bring light and peace to the world; so, if you truly want to show that you are worthy of representing it, you must first of all be able to rise above your self-interest and think more about the interests of the community. If you are able to live in this spirit, you will release such power that, even if you say nothing, you will bring the greatest blessings on those around you. So, do not concern yourself with other people's weaknesses, do not preach at them, but try to live together while setting an example of selflessness, patience and love.

(NOVEMBER 4, 2001)

Each field of specialization has its own, appropriate methods and it is pointless to try to get results by using instruments or methods that are not adapted to their purpose. And yet many spiritualists make the mistake that a hungry man would be making if, instead of getting up and going to get something to eat from the cupboard, he thought he could satisfy his hunger by concentrating on the thought of food. They have arms and legs, eyes and a mouth with which to get what they need, but they prefer to pester Heaven with their material demands. And Heaven does not like that. It says, 'Look old man, you have been given everything you need to take care of yourself. Why are you so ignorant and idle?

When you want light, wisdom, peace or any other spiritual gift, you should obtain it by means of thought (meditation, prayer and contemplation). But for material acquisitions there are other means.

(NOVEMBER 7, 1988)

People are led to believe that their happiness depends on scientific and technical progress and also on comfort. In whatever domain, they are continually bombarded with publicity; every effort is made to prevent them from making contact with other regions, other entities – the only ones that could bring them the light, love and peace they need. The spiritual world has been so rejected, scorned and held up to ridicule that very few beings feel the urge to search in this world for the necessary elements of their survival. Most people are dying of suffocation and intoxication. For their own good, they must search more and more for a contact with this subtle world so that their soul and spirit can breathe and find nourishment. When we meditate we do not touch anything material; it seems like 'emptiness.' But actually it is in this 'emptiness' that the soul and spirit blossom and find fulfilment.

(NOVEMBER 8, 2001)

Have you seen a classroom before the teacher arrives? The children are all whispering, shouting and squabbling among themselves. This is normal, because 'when the cat is away, the mice will play.' But look what happens when the teacher comes in: within seconds, all the children take their seats because the head, the leader has arrived. Well, these same laws exist within us. God is the head, the leader, the centre, and as long as we do not allow Him in, chaos will reign within us. When I hear someone say, 'I have no need for God, I can get along without Him,' I agree that he can get along without Him, but in what disorder and at what cost! The head, God, establishes order among the cells of our organism. When He is present they all work in harmony and peace, and life circulates. You have not yet understood why it is essential to have God as the centre within you. I will tell you why: it is this point, at the centre, which organizes and harmonizes everything.

(NOVEMBER 10, 2004)

When a virtuoso interprets a piece of music, a student sits an exam or a tightrope walker performs his act, if all the powers within them were not concentrated and in harmony, the

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virtuoso would play false notes, the student would write gibberish and the tightrope walker would break his neck. Because from the moment there is dissipation, discord or disturbance all the inner forces let go and scatter, and the individual in question is no longer supported. You have experienced this type of thing thousands of times. But have you ever stopped to consider how this affects the whole of your life? So long as you continue to live in haste, disorder, agitation, these forces and these entities of harmony are being bullied and paralyzed. Therefore, several times a day, stop for a few minutes and endeavour to introduce silence and peace within you. All the forces, all the entities that have until then not had a chance to manifest will then be mobilized and you will then be able to use them to continue your work. **(NOVEMBER 10, 2002)**

Jesus said: *'My Father works and I too work with Him.'* And just like Jesus, the initiates, who have an acute consciousness, take part in the work of God every day. And you too can take part in this work. You will say: 'But how? We are so ignorant, so weak; how can we take part in God's work?' Well, let me give you a method. First find some peace and quiet, and remain still and silent for a long while. Then begin to elevate yourself with your mind, with thought and imagine you are slowly leaving your physical body through this opening at the top of your skull. Imagine you are passing through your causal body, your buddhic body and your atmic body and then uniting with the universal Soul, this cosmic principle which fills space, and you are taking part in her work in all the corners of the universe simultaneously. Perhaps you will not really know, not fully understand what you are doing at that particular moment, but your spirit will. **(NOVEMBER 16, 2000)**

The things that prevents you from developing your spiritual faculties is this very bad habit of always being in a hurry. It is true that rapidity, activity and dynamism are very good qualities, which we need in order to manage on the physical plane. But you must know when to stop so as to create a more peaceful and harmonious inner rhythm, which will allow other forces, other entities of a spiritual nature to get to work. You do not have to be always busy and in a hurry, running left and right. Once in a while get into the habit of taking a moment of rest and tell yourself that, at least for a few moments, you can finally be face to face with the sun, with nature, with luminous beings, with yourself, with eternity ... When you feel the divine energies awakening within you, you will know that you have found your true self. **(NOVEMBER 18, 2001)**

If you want to understand what love really is, you must begin by realizing that it is not a feeling but a state of consciousness, for feeling is necessarily subject to variations depending on the persons concerned, whereas a state of consciousness is independent of people or circumstances. To love is not to have a particular kind of feeling for someone, but to do all things with love: to speak and walk, eat, breathe and study with love. To love is to attune all one's organs, all one's cells and all one's faculties so that they vibrate in unison with each other in light and peace. When we do this, all the manifestations of our being are impregnated with divine waves and fluids. Love is a permanent state of consciousness: a state in which man lives, night and day, an attitude which makes him always ready to do everything with joy and which turns everything he does into a melody. **(NOVEMBER 18, 1988)**

Those who study the history of humanity will see that in every domain, all innovators were at first rejected and even persecuted before they were understood and followed by the multitude. It was not their wish to overturn everything; it was not they who decided to destroy certain institutions and replace them with new ones. They came because mentalities continually evolve, and the conditions were favorable for change. This is true for science, philosophy and art, but also for

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religion. All religions without exception must evolve; if they refuse to do so peacefully, they will be forced to do so by being torn apart. **(NOVEMBER 23, 2004)**

The need to dominate others is so strongly felt by men that, today, we see even the most materialistic scientists exploring phenomena that belong to the domain of Initiatic Science: things such as telepathy, clairvoyance, clairaudience, divination and psychometry, which they group under the name of 'parapsychology'. As long as there is some chance of their being able to use them to subjugate others, they are ready to accept theories which they have always condemned as ridiculous. In other words, they accept any of the teachings of Initiatic Science that can be made to serve their own ends and reject those that do not put power into their hands. But to use Initiatic truths in order to gain ascendancy over one's fellow men is highly immoral, and those who do so will be banished by Heaven. Man has no right to use this spiritual knowledge for any purpose other than to help his fellow man and to propagate light and peace in the world. Those who use it in this way rank as white magicians in the eyes of the beings on high, and Heavenly blessings will rain down on them. **(NOVEMBER 23, 1988)**

Silence is an expression of peace, harmony, and perfection, and it provides the best conditions for psychic and spiritual activity. Those who love and understand silence gradually manage to manifest it in everything they do: instead of creating chaos when they move objects, when they talk, walk, or work... they become more attentive, more delicate, more supple. All their actions, gestures and attitudes are impregnated with something that seems to come from another world, a world of poetry, music, dance, and inspiration. **(NOVEMBER 28, 2003)**

Honesty, kindness, generosity, patience, peace, harmony and brotherhood will be the most highly esteemed values of the new life. The person who does not manifest these virtues will be considered useless, even harmful.

Diplomas will be awarded to those whose behaviour serves to bring peace and harmony, and not to those who, encyclopaedia-like, are merely warehouses of factual information. Strong characters are needed to bring the Kingdom of God to earth, not information services. Anyway, nature alone has the power to award diplomas. If the mere touch of your hand can bring relief to someone who is troubled and distressed, that is proof that Heaven has awarded you a diploma. Do you possess a gift, a talent, or a virtue? It is a diploma granted by God. True diplomas are not pieces of paper; they permeate your whole being and are imprinted on your face and body. You may well have gained every diploma that exists on earth, but they would be worthless, and in the eyes of nature you would be useless, unless you also manifest the powerful and luminous emanations of a living diploma. **(NOVEMBER 28, 1998)**

Wherever they go and whatever they touch, human beings leave traces of themselves. We say of those who are evil that where they have walked, grass will not grow. Yes, symbolically speaking, this is no exaggeration. Others, on the contrary, who think only to enlighten, invigorate, comfort and liberate others, leave such life-giving and luminous imprints wherever they go that those who come after them suddenly feel regenerated.

You too, wherever you are, remember to offer your best wishes: 'May all those who come here be touched by goodness and brotherhood... May their lives be transformed. May they become children of God and work for the coming of His kingdom on earth!'

Whether you are in the city or the country, whether you are walking down a street or a path, bless this road or this path. Ask that all those who pass this way receive life, peace and light, so that they may learn to vibrate in ever greater unison with the divine world. **(NOVEMBER 29, 2004)**

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How many people have I met who say that they have not got the time to do exercises of meditation, concentration or self-discipline! And yet it would benefit them enormously to do these extremely simple exercises. But ... they have not got the time! Well, if they don't have time to live in peace, harmony and light, they will always have plenty of time to suffer and experience disorder and darkness. If there is one thing people can be sure of in life, it is that they will experience unhappiness, sorrow and discouragement. They are far less likely to be happy, strong and serene. And the reason is to be found in that formula which is on everyone's lips: 'I haven't got time ...' Everybody uses it to excuse their laziness and inertia. It is a very convenient phrase: 'I haven't got time ... I'm too busy!' No time to pray, no time to study or to do any exercises ... And yet, when I look at what keeps people like this so busy, I am horrified at the futility and foolishness of the occupations. The blind and the ignorant will perhaps be taken in when you say you don't have time, but you will not fool an Initiate. **(NOVEMBER 29, 1987)**

Inner force, balance, peace and happiness all depend on love. You must feel that love is always there within your reach, that is in you and that you have, therefore, no reason to believe you are weak, poor and lonely. If you have this feeling of loneliness, it proves that you are not free from the physical plane. As soon as you enter onto the subtle planes, especially the regions of the soul and spirit, you cannot feel lonely; the universal Soul and Spirit are always there close to you, within you and you can communicate with them at any time. Whereas with a man or a woman – even the best – can you be sure that, one day or another, they feel not have other commitments and be forced to leave you?

And so, even if you have found the most wonderful person on earth, do not fix your mind on him or her. Be grateful to Heaven for having met such a being, but know that you will experience true love only when you manage to find it in the regions of the soul and the spirit.

(DECEMBER 2, 2001)

You want to show that you are intelligent? Well, this is simple. You will demonstrate that you are intelligent if you can overcome the inconveniences of a collective life, if you succeed in restoring peace wherever you go by showing love, patience and goodness. Start by giving up criticism, and this will already show that you have won extraordinary self-control; you will be happy to have succeeded in establishing harmony within you and around you.

You must understand that human relationships are very complex. Your sympathies and antipathies are generally determined by your nature, which is a legacy from past incarnations; so how can you be sure of the exactness of your opinions? ... It is better to refrain from judging others; whatever they do, it is their business, and they will eventually have to answer for their attitude. The important thing for you is to have relationships with your fellow men that enable you to progress, evolve and be useful and beneficial to them. **(DECEMBER 9, 2001)**

Before deciding anything important, concentrate for a few minutes on the world of light and ask for guidance. The response will come to you in the form of a particular idea or feeling, or perhaps in the form of a symbol. If the answer is perfectly clear, you can go ahead. But if you are hesitant or apprehensive, if something still seems unclear, or you feel that you are not completely harmonious and in peace, it means that there are obstacles or enemies in your way. In this case, postpone your decision, ask the same question the next day, and do not embark on your new venture until your way is clear.

The heart and mind are screens on which the invisible world, the spirits of wisdom project their answer. Instead of being so set on carrying out your own plans, you should ask the divine world if it does not have better plans for you, and listen carefully to its reply. **(DECEMBER 11, 1995)**

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'*Know, desire, dare and hold your peace*' is the rule for all initiates. One must first '*know*', that is, one must be capable of distinguishing good and evil. Once this is clear one must '*desire*' the good one has perceived. Then one must '*dare*' to commit oneself, to give one's all in the pursuit of this good. Finally one must '*hold one's peace*', refrain from talking about one's good resolutions and the work one has decided to do.

Nothing is more difficult than the application of this precept. Some desire but do not dare; others dare but are without discernment, and so on. Begin by trying to unify the three factors of thought (know), desire, and the will (dare). Once you have succeeded in doing this and have begun to act, keep quiet about it, for your work will speak for itself. It will be so obvious, so vibrant that it will have no need of words. **(DECEMBER 13, 1995)**

You are very rich, but you do not know it! Let me prove it to you: if I said, 'Give me your hands. I will pay you ten million for them!' you would refuse. 'Give me your eyes. I will give you a hundred million for them!' Again you would refuse. And if I asked for your tongue, your nose or your ears in exchange for fantastic sums of money you would still refuse. Obviously, you who think you are so poor are actually multi-millionaires! You are like a man who owns great lands and palaces but who is taken for a pauper because he never has any cash on him. You think you are poor because you have no gold pieces or banknotes in your pockets. But it is not these that constitute true wealth.

You do not know how to evaluate what is important for you. For instance you often give away your peace of mind, so that when you want to approach God, you no longer have the right inner expression. Or you lend your intellect to dishonest schemes. But there is a hierarchy of values in nature and you must learn to distinguish what is essential from what is unimportant. In this way you will gain possession of your true wealth. **(DECEMBER 16, 1995)**

People who pray inevitably enter another order of things. Obviously on the outside they are no different, in that if it is cold they shiver and if they are sick they may well remain sick. It is in their heart, in their soul that prayer produces major changes.

A man is about to die and he is all alone, abandoned in his misery. But through prayer he finds joy, peace, light whilst, in the same conditions, the man who does not pray will feel revolt and hatred in his heart. And this of course has grave consequences for his life up above and even for his next incarnation. If religion seeks to convince the dying to re-establish contact with God, to entrust themselves to Him, it is because sincere prayer said at the last minute, even if they have led a life full of sin, will allow them to enter another state of consciousness and this is what is vital for their salvation. **(DECEMBER 18, 2000)**

As human beings we are linked to beings above us – the angels, the archangels and God Himself, as well as to beings below us – animals, plants and minerals.

Let us take the example of the two currents circulating in the trunk of a tree. The ascending current takes raw sap to the leaves, where it is refined, whilst the descending current takes this processed sap to feed the tree. In the Cosmic Tree man is placed so that these two currents pass through him, and he must learn to work consciously with them. When he has succeeded in attracting wisdom, light and love from Heaven, he passes these qualities on to the beings below him and linked to him, right on down to the minerals. Then, thanks to another current, these forces ascend from the minerals to the upper realms of creation. He who consciously binds with this living chain of beings is immersed in joy, light and peace. **(DECEMBER 18, 1999)**

Learn to work with love, learn to make it gush forth within you, learn to project it onto all the creatures and objects around you and beyond, on the trees, the mountains, the oceans ... You

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will then become a beneficial presence for the entire world. Through thought, through speech, always try to add an element that is likely to bring improvement. Even if you are by yourself, remember to utter words of peace, of hope and of joy for all human beings on earth, knowing that they will produce results. Since we can only give to others what we possess ourselves, endeavor first to establish harmony and light within you, and then, once you feel you have succeeded in making harmony and light real within you, project them into space. This is what working with divine love is all about. **(DECEMBER 30, 2002)**

Sometimes, when a disciple would come to tell Master Peter Deunov about his misfortunes, the Master would start to laugh. Why? What should one do in such circumstances? ... Normally, when someone tells you about his disappointments and sorrows, it is not so much to ask for your help in finding a solution but rather to share his state with you. And then? If you let yourself be invaded by his psychic world, not only will you not help him, but you will limit yourself just as he does, and both of you will end by drowning. If you really want to help somebody, do not let his troubles penetrate you. Remain lucid, peaceful and solid, this is the only way you can help him out of there.

I am not saying that you should not feel anything; no, you must know how to put yourself in the place of others; but to show compassion, it is not sufficient to suffer with people. You can do them good only by the strength of your radiance. You must try to find within yourself the peace, harmony and light that you want to give to them. **(DECEMBER 30, 2001)**

You always hear people say: 'We must alter this ... we must change that ...' and so they set about making changes, alterations. They axe a few jobs here, they create a new administration there, they erase a border here, they establish another there. History teaches us that these changes are never permanent, in that after a while a wave comes along and washes everything away. Why? Because the impulse that governed these changes did not come from up above, from a demand from the spirit.

Only that which originates from up above, in the world of the spirit, is eternal. The rest is temporary, transient. So, if you want to make lasting improvements to a situation, you must elevate yourself very high into the world of the spirit, and there you must work, pray, formulate requests, create images, which will gradually come down to be realized in the physical plane. If you are able to activate luminous forces up above, then one day all obstacles will be swept away and a new order of harmony and peace will establish itself on earth. **(DECEMBER 31, 2002)**

The goal of a spiritual life is to get to know this state of higher consciousness called 'divine love'. This state of mind cannot be described or explained to someone who is not ready to live it; all that can be done is to try gradually to lead him there. This state of mind allows man to feel himself linked inwardly to the whole universe; he is then like an instrument whose strings vibrate in unison with all that exists, he feels a deep peace and, above all, a tremendous kindness towards all beings. He does not know where these good dispositions come from, he just feels that they have invaded his whole being and that they drive him to express himself with love and comprehension. Nature and human beings appear to him in a new light, and he feels that this is true happiness. **(DECEMBER 31, 2001)**

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Book 46: How to surpass Karma & Predestination

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WHAT IS KARMA AND WHAT IS PREDESTINATION?

We live immersed in a fluidic ocean, which initiatic science calls 'astral light'. This fluid is so sensitive that everything is imprinted upon it. Even the most insignificant of our acts, of our slightest emotion, the most fleeting of our thoughts are all reflected upon this astral light and proliferate, until they reach the outermost limits of the universe, in other words the limits of the zodiac, because the confines of the zodiac represent the boundaries God has created for the manifest world. This is why the zodiac has also been likened to a serpent who holds the world in the coils of its body. If destiny is inexorable it is because all our thoughts, all our feelings, all our actions, both good and bad, are recorded in this fluidic ocean which we cannot escape, and one day they do catch up with us. **(JANUAR 25, 2000)**

All humankind, the solar system, and even the whole cosmos, must undergo events decreed since the beginning of time, and there is nothing we can do to change this. Imagine we are cruising on board a ship: there is a prearranged itinerary and scheduled ports of call which are, of course, impossible to alter, and there is no way we can leave this ship – unless we fall overboard. However, on board we can read, enjoy conversing with our fellow travellers, sleep in our cabins, or visit the bridge to scan the ocean. This metaphor of a ship illustrates the destiny of humankind: we are all on board a ship whose itinerary has been mapped out by the Lord Himself, and there is absolutely nothing that anybody can do to change it. 'On board' – inwardly – we may do as we please, we can improve or demean ourselves, but our scheduled destination remains the same. **(MARCH 1, 1999)**

From the moment we perform an act we inevitably release certain forces, which in turn will inevitably produce certain results. It is this concept of cause and effect that is contained in the word 'karma'. This word has subsequently taken on the meaning of payment for a transgression committed.

In reality it could be said that karma (in this second sense of the word) occurs each time an act is not fully inspired by divine wisdom and love, which is the case most of the time. But human beings experiment and have to practice. These experiments are somewhat crude and clumsy, but this is not important. They must correct themselves, put right their mistakes and of course in order to obtain these results they struggle and suffer.

You will say: 'But surely it is better not to do anything, if by acting we inevitably make mistakes and will have to suffer to put them right.' No, you must act. Obviously you will suffer, but you will also learn, you will evolve and then one day you will suffer no longer. When you will have learnt to act correctly, when all your actions, all your words are inspired by goodness, purity and total lack of self-interest, they will not induce karma, but will attract beneficial consequences. And this is referred to as 'dharma'. **(JANUAR 4, 2000)**

We cannot conquer the destructive principle which worms its way into our bodies over the years, but we can slow it down and more importantly, we can learn to make use of it. How? Well, when illness and old-age begin to take hold, when you lose your strength and physical abilities then

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tell yourself it is time to find other ways to keep you busy, time to find other sources of joy. What ever the conditions in which you find yourself there is always something you can do, and if you no longer have physical energy, you must dig deep within yourself to bring the spiritual energies alive, and these *are* inexhaustible.

If the principle which allows people to grow and flourish knew no opposition, if it encountered no obstacles, human beings would lose themselves. Yes indeed, if old age, illness and other troubles were not there to restrict them a little, many people would become monsters. But we all know our path has only one possible end, and that is death. In this all human beings are equal. So we all have to bow down, be modest, think, become wiser and find the path that leads to God. **(OCTOBER 10, 2000)**

Supposing there is someone you really cannot abide: You may often think how wonderful it would be if he were to disappear for good. Of course, you would not go so far as to kill that person, as murder is not lightly undertaken, and anyway it would be risky. But you think about this death and would like to happen. Well, you should know that perhaps you will be responsible for another death elsewhere in the world. Yes, because your thoughts, feelings and desires spread everywhere and may influence people in some far away place, who are in the same frame of mind and wanting to rid themselves of their enemies. If their vengefulness is stronger than yours, or if they lack the willpower to resist their criminal tendencies, one day they may commit murder, without the slightest idea why a sudden impulse pushed them to such an extreme. You will be quite unaware of what happened, but in fact you are the one responsible. When you pass on to the next world you should be aware that you will be shown the consequences of your thoughts, feelings and negative wishes, and you will be horrified to realize how much harm you have caused. **(OCTOBER 15, 1998)**

Anyone who enjoys throwing pieces of broken glass on the road, saying: 'It doesn't matter! I won't be around, so it will only harm others,' is mistaken, because the road we follow is not a straight line. You may not be aware of this, but the path along which we human beings travel is a circular one. He who has scattered broken glass will, therefore, one day have to walk along the same stretch of road where previously he spread danger, and will have to suffer the consequences of his actions. If you dig holes or set traps along the road, the laws will take you past that very spot again and make you fall into these same holes and into these same traps. And then you will have time to reflect on your misadventure, to grumble about people's wickedness and stupidity, and try to discover who the culprits are. You will, of course, have forgotten that the culprit was you, yourself. He who lives with a devil-may-care attitude creates all the problems which will, one day, plague his life. **(OCTOBER 22, 1999)**

Wish and hope for whatever you like, create whatever you like in your mind, but be sure to examine your desires with care beforehand, for if they are too personal, if their vibrations are not in harmony with the divine order that reigns throughout the universe, they will conflict with the laws of God and with a whole world of entities, beings and vibrations, and you will not succeed. And in fact, it is better that you do not succeed for, at least, then, you will be spared all manner of disappointments and accidents. It is preferable not to succeed in one's evil designs, otherwise the karmic consequences are unavoidable. Suppose you want to get rid of a rival or revenge yourself on him, but your plan misfires and you abandon the idea. So much the better! It will not cost you as much as it would have if you had succeeded; success would have meant incurring a huge karmic dept! **(OCTOBER 22, 1987)**

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It is on this earth that man's evolution takes place; not elsewhere. Even someone who has had to suffer in Hell for a long time because of his crimes, is obliged to come back to earth to repair all the evil he has done. For it is not enough to suffer; suffering does not make up for evil deeds. Since those evil deeds were committed on earth, reparation has to be made on earth. And isn't this the real reason for reincarnation? Otherwise, why should men return to earth if they had already atoned for their faults on the astral plane? The truth is that there is a law which decrees that man must make reparation for his errors in every region in which those errors have done damage. **(OCTOBER 29, 1987)**

Everything that happens is the consequence of something that happened before. This means that you cannot interpret present events correctly if you do not consider the past. But that is not all. It is in your power to influence this present that stems from the past, so that your dreams and ambitions may be fulfilled in the future. In order to understand a person's life, therefore – your own included – you must see it not only as the consequence of a remote past but also as the starting point of a new existence. You cannot evaluate a person's life accurately if you fail to take into account its link with past and future lives. **(NOVEMBER 11, 1995)**

In past incarnations human beings have, consciously or unconsciously, broken all kinds of laws and, as they have not made reparation for these transgressions, they now find themselves in difficulties, with debts to be paid and all kinds of complicated situations that have to be sorted out. But destiny conceals this from them. When they are about to marry or form a partnership with somebody, for instance, destiny prevents them from seeing the true character of their future partners or how they will react in such and such a situation. It does this so that they may learn their lessons and pay their debts. If they were forewarned it would be very easy to avoid such trials. This is why the law of justice arranges things so that they shall have no recollection and no premonitions: They are in the soup up to their necks, and they are going to have to stay there until they have understood the lessons of Divine Justice! **(NOVEMBER 27, 1987)**

You must learn to compare the little vexations of life with all the gifts that Providence showers on you so generously. Unfortunately, people do just the opposite: they compare the little they have with the abundance enjoyed by their neighbours: 'Just look at him: he's got a car and I've still only got a bicycle!' Or, 'Look at that lucky creature: she's got a diamond and all I've got are false pearls!' If you must compare things, why not choose to look at the advantages you enjoy compared to the deprivations suffered by so many other poor people who are always unhappy or ill? This discontented, ungrateful attitude shows how incredibly blind human beings are; they simply don't see all the blessings that Heaven gives them in such abundance, so they find all kinds of reasons to let their faith, love and gratitude be weakened or destroyed. **(JANUARY 21, 1988)**

A gardener who has failed to sow any vegetables is not surprised when he sees none growing. He simply says to himself: 'This is normal, old man. Since you have not had the time to sow carrots, you have no carrots. But you have lettuces, parsley and onions, because you have sown them.' Yes, when it concerns fruit and vegetables, human beings reason correctly. But they know nothing of the moral and psychological realms: they believe they will harvest happiness, joy and peace while sowing violence, cruelty and spitefulness. No, they will harvest violence, cruelty and spitefulness. But because they do not understand this, they are surprised and rebel against what happens to them. When they learn to keep watch over themselves and to

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spread only seeds of light and love with their words, their feelings and their thoughts, their destiny will improve. **(MARCH 11, 2004)**

Human beings court misfortune because they do not see the dangers awaiting them if they make such and such a decision, or launch into such and such an enterprise. They set out so happily, blindly unforeseeing, and throw themselves head first into difficulties. If only they had known how to develop their inner vision they would have been warned, because their inner sight, known as the third eye, is like radar, sending out waves that return with warning of obstacles along the way. But most people live such disorderly lives that this radar cannot function correctly.

Sometimes it happens that this spiritual eye, however well developed it may be, does not give us due warning. The Twenty Four Elders, the Lords of our destiny, may have decreed that certain events are necessary, so these events must take place. Even though we may sense or see forthcoming trials, we cannot avoid them, and must cope with them with the light – the knowledge and methods – of initiatic science. But normally this spiritual eye is present to warn and to guide us, but it can only do so if we have prepared the conditions in which it can function well. **(APRIL 12, 1999)**

When we know the law of karma, we must not take it as a pretext to remain indifferent to the sufferings of human beings. Unfortunately, instead of thinking about those people who suffer and deciding to do something to help them, some so-called spiritualists merely say, 'Oh! It's their karma,' and do not lift a finger. And in this way they think they are very evolved: they imitate Hindus! If some people see in this a good reason to wallow in their selfishness, it would sometimes be better that they never heard of karma! That is why we can say that Westerners possess the great quality of refusing to be indifferent to other people's misfortune. We observe this at the time of famines, epidemics, floods and earthquakes: people quickly send money and organize help. This is fantastic! **(APRIL 22, 2001)**

There are events which people cannot avoid because everything written in their destiny must take place, so in this sense they are not free. If we live reasonably we are granted only one freedom: we are permitted to pay our karmic debts in some way other than previously decreed. For example, suppose we are to be gravely ill and laid low for some time: this illness is a debt that has to be paid for some past transgression. But the debt can be paid in a different way by undertaking some serious spiritual work of prayer and meditation. Therefore, when our illness comes it will be less serious, since part of our debts has already been paid with our work of light and love, and we shall be out of action for only a few days. Our spiritual efforts have strengthened our organism. The same principle applies to all trials of life. The moment we encounter a difficulty caused by some planetary aspect, or the transit of some planet through our astrological chart, if we have already done serious spiritual work, accumulating 'money' – forces and energies – towards the settlement of our debts, we can confront our trials in the best possible conditions. **(MAY 8, 1999)**

We are on earth for a reason, or the Lords of Destiny would have sent us elsewhere. There are plenty of places in the universe for a pleasant vacation. The best place to go, in fact, is the sun. You will say: 'The sun? But we will be burned!' Yes, of course, if you go there in your physical body, but who said that you must do that? The physical body is adapted to our earthly existence and, in order to go to other planets or to the sun, we have other bodies. There are different

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forms of life in the universe to which different aspects of matter correspond and, although we cannot go to the sun in our physical body, we can at least go there with our soul and our spirit.

(JUNE 13, 2004)

The earth is a child of the sun, from which she emerged one day billions of years ago, and the sun continues to nourish her and to educate her, so that one day she may learn to be as generous as he. Still today, even though she produces a bit of vegetation and a few fruits, the earth is far from knowing how to give like the sun. She must therefore continue to be instructed, to watch, to listen to the words of the sun, who says to her: 'You see, one day you too must be able to give, to shine as I do.'

And what the sun says to the earth, he says to us as well, because the earth and humanity have the same origin, and also the same destiny. Every human being is a little earth, and each of these earths must one day become like its father, the sun. This is our future. **(JUNE 26, 2003)**

From the initiatic point of view success is not always desirable. Obviously, if a person is weak and sickly it is best that he does not encounter too many major obstacles on his way, because if he falls down he will never get up again. If he is strong, however, setbacks and failure will strengthen him further: misfortune and enemies will give him energy, as if they were food for him, making him become, one day, invincible.

Unfortunately there are not many people who pursue their course with courage, despite the obstacles and misfortune they encounter. Most are easily discouraged and overwhelmed. You need to have gone a long way along the road of personal growth to draw strength from misfortune. Sometimes even Heaven sets trials for certain people because it knows their nature, that they need to be faced with the greatest difficulties to help them reach the summit. Whereas others are spared because Heaven knows that they would soon end up in trouble. Heaven therefore adapts its actions to each individual. That is why it is difficult to foretell human beings' destiny. Often misfortunes seem to be a punishment sent down from Heaven whereas the opposite is true: they are the right conditions to oblige people to climb to the top.

(JULY 18, 1999)

Your first concern in everything you undertake must always be the idea, the motive for your action, the goal you want to achieve. The activity itself is not so important. Disregard the fact that it might win you the appreciation of others or that it might earn you large sums of money. It may be that by following a spiritual teaching you appear not to be doing a great deal, but if you follow this teaching seeking to uphold the idea of peace, harmony and brotherhood in the world, you are gradually adding a few elements, accruing them for your future, towards your evolution, and that will change your entire destiny. You may not see any results for a long time, but one day the blessings will descend upon you from all around, because everything you have done has been recorded and you are reaping the rewards. Human beings judge you by your material achievements, whereas Heaven rewards or punishes you on the basis of your motives. Therefore, expect the rewards for what you do by working to uphold the idea of peace and brotherhood to come from Heaven, not from human beings. **(AUGUST 12, 2002)**

The following incident apparently took place in New York. Two drivers travelling at great speed crashed into each other. No-one was injured and there was very little material damage. Both drivers admitted that since they had both been driving too fast, they had both caused the accident and they went their separate ways without either of them claiming any damages from the other. A long time went by and then one day, to their amazement, they were both summoned

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to court. What had happened? A teacher, who had been at the scene of the accident, had lodged a complaint against them. Witnessing the accident had upset her so much that she had become ill, to the extent of no longer being able to continue to work. She kept hearing strange noises in her head. And the courts ordered both men to pay the woman damages.

This is a very interesting story, because it brings to light some of the laws governing the invisible world. Two people who caused damage as a result of their behavior believe they have sorted out the entire matter because they had reached a mutual agreement. Well, not so! A third person, somewhere in the world, may have been upset by them and justice will one day demand they account for their actions. The culprits will say: 'But this matter is of no concern to anyone of us.' And justice will reply: 'Well no, you will have to pay.' And this is how destiny comes and surprises people without having harmed anyone directly. This has already happened to you, every time you are surprised you have to pay when you feel you are not guilty. This is sure proof that you are guilty after all; divine law has judged it to be so. **(AUGUST 23, 2000)**

Human beings are the only living beings who have the power of speech. This power of speech has caused cultures and civilizations to flower and has given human beings the possibility of omnipotence. True magic, divine magic, is speech that is luminous, harmonious and musical: the expression issuing from God, Christ, the Word. On the Sephirothic Tree, the Word is the second Sephirah, Chokmah, the Wisdom that comes from Kether. In this Sephirah are contained all the elements – the letters and numbers – that God used to create the universe. Christ is the Word of God, the universal key that opens all the doors of life. Those of you who work on speech in order to make it more powerful, alive and harmonious already possess this key. Thanks to it, you can work wonders: first of all on yourself, then on others and then on all nature. Such is the extraordinary destiny that awaits human beings: the power to influence matter by means of the Word. **(AUGUST 23, 1998)**

Man's destiny can be compared to a journey by train: once he has got onto the train he is obliged to go where it takes him. However, he is free to leave his seat, to change compartments or even coaches, to walk up and down the corridors, to read or sleep or look at the countryside, to be silent or to talk to other passengers, to make the acquaintance of a charming young man or a pretty girl, to go and have lunch in the dining car, etc., or even to throw himself out of the train and kill himself! He is both free and not free. In the same way, the conditions and elements that are at your disposal here on earth are predetermined, but you still have a certain amount of freedom of action and movement; the question is how to use the freedom you have, for it can be used in such a way as to free you completely or restrict your freedom even further. **(SEPTEMBER 10, 1987)**

The majority of people have only a mediocre destiny because they seem unable to keep their inner bearings and lose their way: they oscillate incessantly between light and darkness, and that is why their future is always uncertain. Try therefore to channel your energies and direct them towards the luminous world of harmony and love: the Divine World. Even if every now and then some shadows appear, it will not be for long: as long as you keep to the right direction within your inner self, there will come a day when you do not wander off the path any more.

Human destiny is governed by precise mathematical laws. Just as your present condition is the result of all you have lived in the past, your future is determined by the direction you give to your life now. **(SEPTEMBER 22, 1999)**

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The long-term destiny of human beings is to become like God himself, each day drawing closer and closer to His Wisdom, His Love and His Power, manifesting these qualities in their own lives. But along the way toward that great destiny, there are small, previously determined destinies we must cope with.

For instance, the destiny of our feet is to carry our physical bodies and walk in the direction indicated by our heads. Sometimes a foot lashes out and kicks someone, but that is not truly its destiny. The predetermined destiny of the hands is to create and bless; they can also harm and destroy, but that is not their true destiny. The predetermined destiny of the eyes is to look, to take in images and light; they can also give out withering looks, but that is not their destiny. And it is the same for all the physical organs.

Now, what is a human being? We are a synthesis of all these predestinations, and it is our job to direct and organize them, because they serve as the means toward our great and distant destiny: To become like our Heavenly Father. **(SEPTEMBER 28, 1998)**

In past incarnations human beings have, consciously or unconsciously, broken all kinds of laws and, as they have not made reparation for these transgressions, they now find themselves in difficulties, with debts to be paid and all kinds of complicated situations that have to be sorted out. But destiny conceals this from them. When they are about to marry or form a partnership with somebody, for instance, destiny prevents them from seeing the true character of their future partners or how they will react in such and such a situation. It does this so that they may learn their lessons and pay their debts. If they were forewarned it would be very easy to avoid such trials. This is why the law of justice arranges things so that they shall have no recollection and no premonitions: They are in the soup up to their necks, and they are going to have to stay there until they have understood the lessons of Divine Justice! **(NOVEMBER 27, 1987)**

It is one thing to know the laws of destiny and to understand that nothing that happens to human beings - happy or unhappy - is by chance, and it is another thing to find the attitude that best allows us to help them. Some will say: 'But why help them since they get what they deserve?' First, because the efforts that we make to help others are never wasted: in some circumstances, the Lords of Destiny can be swayed in their favour, having noticed your love and good will. And these efforts are also useful for you and can help you to progress. In helping others, your thoughts, feelings, and generous actions have a positive effect on you yourself. So, help others, and you will be the first to feel better! **(DECEMBER 15, 2003)**

We are all princes and princesses, heirs to the Kingdom of our heavenly Father, heirs to all its splendour and power and light. But then why has he sent us to earth and obliged us to endure such difficult conditions? One meets many truly beautiful souls, true princes and princesses, living like beggars, obliged to accept great poverty and distress. What is the reason? There is always a reason. Perhaps divine justice has put them in these conditions because they have karmic debt to pay off. But there are often quite different reasons, for the aim of cosmic intelligence is to persuade us to work towards perfection, and this means that we have to endure trials and tribulations, for they are the only way to learn and become strong. **(DECEMBER 27, 1995)**

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KARMA AND ASTROLOGY

Even if your astrological chart shows a lot of bad aspects, you must not see this as an absolute predestination. It is essential to realize that the human spirit is above an astrological chart, above the stars and planets and their influence, above Karma, above everything. The spirit is free and all-powerful. Whatever destiny the stars have decreed for you, there is one thing that you must know: far above destiny, in a higher, sublime, inaccessible region, reigns your spirit; and destiny can do nothing to injure your spirit.

Of course, the only sure way to escape destiny, is to pay your Karma and, while paying it, to continue to work and create; for to be born 'under an unlucky star' is no reason for remaining forever stupid and lazy and inactive! You have a debt to pay, that is true, but that debt represents a mere second compared to eternity. You must not let one short moment of time overshadow the light of the spirit. Whatever happens, you must always be convinced that within you lives a spark that no one and nothing can ever extinguish or even darken. **(APRIL 16, 1988)**

Astrology is concerned only with the position of the stars at the moment of physical birth, but that is not enough. The horoscope for the time of birth is not sufficient to give the whole picture of a person's character and destiny; you also have to consider the situation of the heavens both at the time of conception and at the moment of his second birth, the moment when the person's consciousness becomes superconsciousness, when, illuminated and renewed, he attains the divine world. But although it is preferable to choose a moment when the signs of the heavens are auspicious for the birth of a baby into the world, it is not necessary to know anything about astrology in order to be born a second time. It is enough for a man to live in harmony with the laws of love, wisdom and purity, for him to be born a second time and enter into the new life. This is the meaning of the birth of Christ in us. **(DECEMBER 25, 1999)**

Even if mistaken from an astronomical point of view, the ancients had reasons for thinking that the earth, not the sun, was the centre of the universe. For human beings, it is the planet earth which is most important; because it is she who is truly their universe, and her centre is the centre of this universe. From a certain point of view, the geocentric system of Ptolemy is as true as the heliocentric system of Copernicus! We can say this because human beings do not receive solar energy directly; the earth receives it first and transmits it to them. Also, humans grow and evolve in harmony with the rhythm of the earth. Since they cannot evolve more quickly than their planet, the collective destiny of humanity is subject to the earth's evolution. Only certain beings who are particularly advanced can detach themselves from the rest and evolve more rapidly. **(JUNE 19, 2003)**

KARMA AND BIRTH

In order for a person to incarnate on earth, all of creation must agree to his coming. If it refuses even a few elements, then that person dies. That amazes you? Well, reflect on this. Notice how things are done in a country, a business or a family. There are people who calculate the budget, plan the expenditures (how much to allocate to education, defense, health, etc.), decide what

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savings to make, which persons to hire, dismiss or keep on, what sums are necessary for food, heating, maintenance and so on.

Do you really think that when it is a matter of someone coming on earth, nobody takes a decision or approves it? In a family, town, country, everything is calculated and done according to plans, budgets ... and you suppose everything in the universe is done without thought, haphazardly? Really, human ignorance is unimaginable! There are also entities up above that calculate how many human beings should come down to earth, the number of years they are to stay. Yes, it is such an immense economy, which you are far from imagining. **(OCTOBER 5, 2001)**

Nothing people are given at birth is given to them unjustly. Be it wealth, intelligence, talent or virtues, if they have them now it is because they have worked in the past to earn them. Cosmic Justice has granted them gifts according to the efforts they have made, and these gifts come in the form of material, intellectual or spiritual wealth. All wealth results from the efforts we make during our lives, but this wealth is not necessarily ours for ever. If we want to keep it in our next incarnations we must all use it sensibly and in particular we must ensure we allow others to benefit from it. We must make sure that all the gifts we have been given at birth bear fruit and the best way to make them productive is by using them, not just for ourselves, but to help others by smoothing the path of their evolution. **(JANUAR 19, 2000)**

Why does a child incarnate into one family rather than another?

It is always a mystery. Some children do not belong to the same spiritual family as their parents, so they are not really the children of those parents, and in this case, the parents are not responsible for the actions of their children, and vice versa. The Bible tells us that when a man has sinned, not only is he himself punished, but also four generations of his children and grandchildren. What have those children done to merit that suffering? It was not they who sinned; it was their fathers or great-grandfathers, and in appearance this punishment is unjust. But in reality, those who pay for the faults of their parents by inheriting the same illnesses, the same vices, are truly their children and have merited their situation. If they had been born to another father or mother, they would not have had to suffer. We know that saints have been born to criminals, and very ordinary beings have given birth to geniuses. Children are not always affected by the crimes of their parents, but when they are, it shows that they have been attracted to an incarnation amongst those they resemble, because they had previously lived the same way. The law obliges them to incarnate into precisely that family, in order to share the same trials as those merited by their parents. **(MARCH 17, 1998)**

It is sometimes dangerous to inherit wealth from a relation: It can lead to very unpleasant results. If the person you inherit from led a dishonest, sinful life you would do better to refuse the inheritance, otherwise he will insist on reincarnating in your family, perhaps as one of your children. He will say, 'It was I who gave you land, houses, money or furniture, so I have the right to claim a home with you now!' And you will find yourself with a child who becomes a criminal, and you will never understand why. It is because he is the reincarnation of that grandfather, uncle or cousin who was a bandit, a thief and a murderer, and whose inheritance you accepted with such a delight! So it is preferable not to accept an inheritance from someone who has not walked the straight path of truth. But you can accept whatever good man leaves you; in fact it is a benediction for a family to inherit something from a good person. **(OCTOBER 27, 1987)**

How do human beings come to the part of the family to which they belong? Let us look at the birth of children. When a child is born into a family, he may in a previous incarnation already

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have had a relationship of some kind with the people who are now his parents. If the child is a boy, he may have been a lover, a fiancé or a husband to the person who is now his mother. The same with a daughter and her father; they experienced a certain form of love in the past and now, in order to evolve, they must love each other in a different way. If a man and a woman feel a sexual attraction for each other in this life, it may well be that they will come back to love each other as parents and child. Once again they will kiss each other, but their kisses will be those of mother (or father) and child.

And it may also be that, in a previous incarnation, people who harmed others must now welcome these very same persons into their family as their children so that they may make amends. Be they parents, children, brothers or sisters, the reasons for a certain group of people to be together as one family in this life are infinite and each case has its own individual explanation. **(FEBRUARY 2, 2002)**

How many young people, dissatisfied with their circumstances, blame their parents! Their parents do not understand them, they do not provide them with good conditions for their development, and they are deplorable examples for them. It may be true, but they should not blame them. If they have such parents, and not others, it is because they have deserved them. Yes, if they had deserved to live in other conditions, they would have been given other parents. The person who, thanks to the work he has already done in previous lives, is predestined to become a musician or a painter of genius, reincarnates in a family that provides the conditions for his gifts to be developed. If he deserves to be weak, handicapped, or ill, divine justice sees to it that he reincarnates in a family that transmits to him every weakness, every defect. Parents are responsible only on the surface; they should not be reproached, because they are only carrying out orders. All the defects a human being inherits from them were created by him; he had already formed them within himself long ago through his thoughts, feelings, and actions in previous incarnations. So, instead of reproaching his parents, each person, if he is to evolve, must blame only himself. **(NOVEMBER 7, 2003)**

Human beings are not all in the same situation as regards their evolution. Some are on earth because they have to solve purely material problems; their efforts lie in the field of matter and they have to struggle to feed and clothe themselves and to have money and a roof over their heads. Others are well off as far as material things are concerned; their difficulties lie in the area of feelings: Their inclinations are depraved and their hearts full of jealousy and distrust. Their material needs are satisfied but in their hearts nothing is satisfactory. Others again have difficulties on the mental level: They lack intelligence and are always hesitant and unsure of themselves, incapable of making up their own minds.

As a general rule, each human being has to work more in one area than in others, but there are some who are required to work equally in all areas, and this is the case of very inferior beings who have not progressed very far with their evolution or, alternatively, of those who are very advanced and very gifted. **(OCTOBER 26, 1987)**

KARMA AND HEREDITY

So many people find it normal to adopt a rebellious attitude of mind. If only they knew what their bodies were in the process of registering as a result!

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They would realize that violent, chaotic vibrations were being recorded, indelibly printed in each of their cells. But people are not in the habit of observing themselves or their own inner state, and they do not know that nature, who is gifted with intelligence and memory, is preparing lessons for them later on. For example, they marry and have children: those children will take after them and, like them, will be violent and disrespectful. When this day comes, and they find themselves victims, they will complain, 'It isn't fair. What have I done to deserve offspring like this?' But they should reflect on their own past behaviour, and then, too late, they would understand. The law of backlash exists in the psychic as well as in the physical world. Unhappily, it is only when the consequences of their actions return to them that human beings begin to reflect and understand. **(FEBRUARY 6, 1998)**

The formation of a child's body in the mother's womb is not a purely physiological process. In forming its physical body, the soul of the child calls to itself its large and invisible family in the beyond to help in this construction. From all directions, not only grandparents and great-grandparents, but even very distant ancestors arrive and set to work. A child's body, then, is a reflection, a synthesis of generations of beings going back centuries and millennia, and this is why it is conditioned by atavism, by a heredity which can either be healthy or unhealthy. Under this weight of the generations, it is very difficult to escape the heredity and influence of one's family. Only the disciple of an initiatic school, who is instructed in the omnipotence of spirit over matter, can gradually free himself from the burden of heredity. **(JULY 9, 2005)**

History has certainly know very rare beings who have come into this world totally exempt from faults and passions and who have been predestined for some great work. Why are they not more numerous? The truth is that, because of heredity, almost no families on earth could give the luminous spirits that want to incarnate appropriate materials with which to form their physical and psychic bodies. Even the greatest initiates are obliged to work year after year on the faults and defects passed on to them through heredity. Even if their spirit helps the mother during gestation and works with her to gather the best elements, they cannot prevent some hereditary imperfections from threading their way through; although they come from celestial regions, they have to bear heavy burdens. That is why men and women who want to raise a family must become conscious of their power to help some great spirits incarnate in the best conditions. They will receive such gratitude from these spirits who become their children! **(SEPTEMBER 17, 2001)**

Many people's dream is to be able to prolong life indefinitely. But although Cosmic Intelligence has not given them the possibility to live eternally on earth, it has provided them with an organism that is capable of surviving far longer. The truth is that it is human beings themselves who, through their ignorance and disordered conduct, shorten their life, and the children who are born onto this earth receive a heritage that has been made defective by generations and generations of people who have lived badly. Everyone must therefore decide to lead an intelligent and reasonable life once more, so that humankind may attain this longevity. This can of course not be achieved in one generation, because the past is overloaded with harmful elements that are not so easily cast out, but by observing certain rules of life and conduct, we can not only prepare the ground for later but we can introduce certain improvements even in this existence. You will say: "And what about the advances of medicine?" Yes, the advances of medicine ... but if human beings do not take this work of regeneration upon themselves, in what state will medicine preserve them? **(NOVEMBER 12, 2002)**

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The physical family is one thing, the spiritual family is quite another. You can belong to a family whose members are not of the same spiritual family as you are and despite the blood ties, they are not really your relations. You are not responsible for their actions and they are not responsible for yours.

The Old Testament says that when people have sinned, not only are they punished, but their children and their grand-children to the fourth generation will be punished. But what have these children done to deserve this suffering? It is their father or their grand-father who sinned, not they, so is this punishment not unjust? No, because those who pay for their parents' mistakes by inheriting the same vices or the same diseases are truly of the same family as them. If they belonged to a different spiritual family then they would not suffer. There have been criminals who have given birth to saints, so this means children are not always touched by the crimes their parents commit. If they are it is because, in the past, they have followed the same path and have thus been attracted to reincarnate amidst those whom they resemble. They have therefore been constrained by law to enter this family so that they experience the same trials previously incurred by their parents. **(NOVEMBER 25, 2000)**

KARMA AND DAILY LIFE

People are always complaining about the awful conditions in which they live. They feel themselves to be victims of destiny, of society, of their boss or their family. No, they must understand that through the inner attitude they assumed in previous incarnations, they themselves – consciously or unconsciously – chose the conditions of their present life. Were they to change their attitude, their conditions would also change.

Yes, your conditions can change, depending on your attitude. To the extent that you believe your life is determined by external, material factors, but still you do nothing to change things within yourself, you continue to attract the same deplorable situations. But if you put spirit, light and strength in first place, your situations will end by conforming to these divine principles. And since what is below is like what is above, what is above will in time be realized below.

(FEBRUARY 25, 2000)

Even though they benefit from the same soil, temperature, humidity and care, some trees produce flowers with brilliant colours, exquisite fragrance, and delicious fruits, whereas others produce drab, odourless flowers and inedible fruits. Well, the same can be said for human beings. This is why, although they believe that their destiny – their evolution or their fall, their success or failure – are determined by chance events in society or in their families, they are only superficially correct. In reality everything depends on the nature of the seed or the kernel each one of us represents, on the way we think and feel, on the way we experience events and learn from them. This is why, instead of always seeking to change our conditions, we must work on ourselves. **(MARCH 4, 2000)**

If you run away from certain efforts and activities that life imposes on you, you will never manage to develop yourself. Some people leave their family or work because they find life too hard. Others run away from their responsibilities. The fact is that running away is not recommended. Destiny puts you in certain conditions for a reason. You have to reinforce yourself and face the difficulties and obstacles of your daily life. Consider these models: sportsmen who train themselves to overcome fatigue, cold and heat, and navigators who

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confront the ocean, braving bad weather and great dangers. You must do the same psychologically: train yourself to resist, to hold on. Of course, if a time comes when you cannot bear the situation anymore, run away. But do come back as soon as you can to face things ... until you become really steadfast and strong. **(MARCH 10, 2001)**

When we see the way things are going in the world today, we realize that the worst could happen at any moment: a nuclear war, an epidemic, an environment disaster, and so on, which could lead to the annihilation of humanity. This is why we hear certain voices announcing that the curses described in the Apocalypse will sweep down on the earth. It is true that the Apocalypse predicts the end of the world; this is written. But in reality, these events are never absolutely predetermined. Depending on how human beings behave, events can take a completely different course. God is not a tyrant commanding cataclysms which cannot be reversed. There is not determination, no irrevocable destiny, either for a person or for the world as a whole. Human beings have been created with free will, and they determine their future. If they live in disorder and folly, they set chaotic currents in motion and then, of course, the law of nature, which are the laws of justice, steer them towards disaster. This is logical. But if they decide to quieten down they project harmonious forces around them and, since the balance of nature is no longer disturbed, no harm can come to them. **(MAY 12, 2000)**

To listen to human beings, you would think they have nothing but complaints to address to God: He does not answer their prayers, He abandons them in their trials, He allows their enemies to triumph. Obviously, they themselves deserve every joy and success, and they do not understand why God does not give it to them. They forget that every day He enables them to hear, to see, to breathe, to walk, to feel and to think. What ingratitude! Instead of harassing the Lord with all these demands and constant complaints, they ought to reflect on the enormous debt they owe Him. Otherwise they will lose everything. If they do not appreciate their health, they will fall ill. If they are not grateful for having a mind, eyes and ears, they will become stupid, blind and deaf. And when they have lost just one of these riches, they will begin to understand what it is worth. **(MAY 15, 2004)**

Political leaders too often imagine that they hold the destiny of their country in their hands. They can delude themselves for a time, perhaps, but not for long. A bad end always awaits those who believe that they can control and manipulate at whim the fate of those they govern. However powerful human beings may be, it is not they who govern the destiny of humanity; it is higher entities who observe and take control. Yes, other intelligences, other forces exist who are working towards a goal that, often, we know nothing about. This explains why even very powerful secret societies who thought they could dominate the world have never succeeded and, for the most part, have been annihilated. Whereas the ideal of those who put themselves at the service of the Lord and wish to carry out His divine plans on earth – sometimes in spite of great suffering – has never disappeared. For God's plans always involve the liberation of humanity, its fulfilment, its well-being. **(MAY 16, 1998)**

Once upon a time there was a kingdom where disasters continuously swept the land – famine, riots and epidemics. The king, at his wits's end, sent for a sage who told him: 'Majesty, you are the cause of all these misfortunes: you live a life of debauchery, and you are cruel and unjust. That is why your people continuously suffer from all these catastrophes.' The sage then addressed the people: 'If you are suffering, this is because you have deserved it: you live in a senseless way, so you have attracted a monarch who is responsible for all your troubles.' This is

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how sages explain such things. When a whole nation decides it wants to live in the light, Heaven will send noble and honest leaders who will bring nothing but blessings. But if a people is governed by rulers incapable of deciding what is best for their prosperity and well being, the people must accept that it is mainly on their own shoulders that the responsibility for their plight rests. **(MAY 20, 1999)**

By trying hard to show that there is no God, no providence, no Heaven, no hope of life after death, materialists deny everything that gives meaning to human life: the reality of the soul and spirit. They have claimed that religion was “the opium of the people” and that, to be happy, man only needed something to eat, a roof over his head, a family to raise and something to study. What actually happens? Even when someone has satisfied all the claims of his body, heart and intellect, he is still not satisfied. He neglects to nourish his soul and spirit, so now it is they that demand something! That is why the use of drugs – that plague that is becoming more and more widespread in the world – is a warning. It is a sign that the soul is trying to make its needs understood: it is suffocating and it uses drugs to free itself, but this so-called liberation is suicidal. Oh, of course, we had to get rid of the opium of religion ... and now we have marijuana, heroin, cocaine ... Should materialistic philosophy be proud of this result? **(JULY 11, 2001)**

Obviously each day presents us with worrying matters. But even when you find yourself in great difficulty, in a dangerous situation, try not to be troubled. React by linking yourself to Divine Providence and asking It to send you light. Thanks to this light, you will be able to see more clearly and to establish calm in your heart and mind. It is by this means alone that you will find positive solutions. All the dangers and obstacles placed before the human soul can be summarized in two words – fear and darkness – and you must do everything possible to conquer them. There is only one legitimate and acceptable fear that we may tolerate in ourselves, and that is the fear of upsetting the divine order. Anyone who is afraid of poverty, failure, public opinion, or dying from an illness or accident is not yet a disciple. The disciple has one fear only, that of transgressing divine laws. **(AUGUST 6, 2004)**

Just because I tell you that hardships are useful does not mean you must go looking for them. In any case, you can be sure that they will come looking for you, because no-one on earth is sheltered from trials. Above all, do not try to imitate those who are prepared to accomplish heroic acts but who cannot tolerate the slightest inconveniences in day-to-day living, and thus make life unbearable for those around them.

Not everyone is destined to be a hero. On the other hand, we must all strive humbly to accept and surmount the difficulties which face us every day. This is the only way to avoid still greater suffering. When we fail to make these efforts, we become disorientated and powerless, and our trials become truly insurmountable. **(AUGUST 21, 2004)**

Someone who believes he can evade his responsibilities and obligations in order to taste the delights of an easier life is not aware of the strict laws that govern destiny. A woman thinks, ‘My husband is such a boring man! I want to find another one, more entertaining, more amusing.’ She finds one and abandons her husband, who obviously suffers from this situation. But soon her second husband will perhaps make her suffer even more.

It is not absolutely forbidden to leave a husband or wife, but you must not do so before you have resolved at least the problem with the first partner. And this is true in all situations. You think it is easy to sever a bond, break an agreement or abandon a responsibility. What seems easy at first sight is in reality extremely difficult and vice versa. If you accept the difficulties, you will feel

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unsuspected energies rising within you and the Lord will send angels to help you. But if you choose the easy way, you will still have angels as companions, but another type of angel ... the angels of justice. **(AUGUST 24, 2001)**

The lives of those who give priority to form lose something of their subtlety and intensity, and they become rigid. But it is a universal law that the constant upsurge of the forces of renewal shatters all that is rigid, all that opposes evolution, and this means that they too will be shattered. Look at stones and rocks: there are always hammers and machines to crush and break them. The destiny of all human beings who concern themselves with purely material things is also to be crushed. For when the other pole of life, the pole of mobility, flexibility and subtlety manifests itself, nothing can stand up to these forces of renewal. All that has become old collapses. In the long run all forms that have become rigid are destroyed and transformed by time – that is, by the forces of life. **(SEPTEMBER 7, 1995)**

A human being's prime need is to act, to manifest themselves, which is why, from a very early age, children have the desire to do things, they want to accomplish without knowing exactly what. And when, later on, they have a better idea, they do not clearly see into which ventures their wishes and desires will lead them. For the endeavors to be beneficial they need light, which unfortunately they will not find at university, but which only an initiatic teaching can give them, because the truths of life are taught only there. Without initiatic science human beings are condemned to leave the earth making one great discovery, indeed, one dazzling discovery, which is that they have understood nothing about life. This is quite a discovery, but at that moment in time it is no longer of much use to them and they take it with them to the other side. I would say to young people, therefore: 'Ask for only one thing in life, and that is that Providence may bring you face to face with the truths of initiatic science so that you may be saved.' **(SEPTEMBER 13, 2002)**

Often it is not danger itself that frightens us the most, but the panic we feel when faced with it. Thus, if you find yourself in such a situation, before taking action, remain still for a moment. Do not move or speak; close your right hand and breathe deeply, all the while linking yourself to heaven. By doing so, you will manage to gain control over your cells, and you will then be able to do what is necessary to save yourself. But above all, do not move; because giving over to an uncontrolled movement is like blowing up a dam: unbridled currents will surge through you, and you will not be able to save the situation. We have known people to throw themselves out of a window in such circumstances, or into a fire.

Faced with danger, remain still for a moment and link yourself to Providence. It is then that you will feel peace take hold within you, the essential condition for awakening the forces that will save you. You will feel these forces, because they are always present within you, but you must give them the right conditions in which to manifest. **(OCTOBER 3, 2003)**

Unfortunately comfort and material abundance are often incompatible with true spiritual life. When we have everything we need and even more, we make no effort, we let ourselves go and without knowing it we are bringing the intense life of the spirit within us to a halt. This is why, when Heaven sometimes sends us hardship, it is not through cruelty, but to make us develop patience, strength of character and the need to surpass ourselves. If we always have it easy, if we never encounter difficulties or enemies, of course we will be happy but everything is happening in slow motion and the results are very poor. Because this intense life maintained by the activity of the spirit does not exist any longer, useless matter accumulates and begins to rot

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and finally becomes impossible to eliminate. So, do not rebel against the hardships destiny may bring upon you. On the contrary, welcome them with gratitude, because they will allow you to nourish the intense life of the spirit within you. **(OCTOBER 9, 2000)**

It is often said that hope keeps us alive. When human beings are disappointed by events and dissatisfied with their lot, they tend to project their hopes into the future: 'Soon... in a few days... in a few months... things will get better.' There is no doubt that hope is the very last thing to be abandoned, but while we hang on, waiting for things to get better, we need to count on something reliable. In order to hang on, we need not only to believe, but also to love, which maintains the life within us and energises us. Otherwise our hope is no more than a flight from reality, and one day it will also abandon us.

If we do not want to lose hope, we must keep faith and love forever alive within us and call on them for help when difficulties arise. Whatever happens, try to cling to faith and love, as this will enable you to keep hope to the very end. **(OCTOBER 11, 2003)**

Some teachers justify the disobedience and insolence of children and adolescents claiming that because young people are much more intelligent and gifted than their parents, it is normal that they should stand up to them. It is true that there are gifted children but they are extremely rare, and it is not true that most children are geniuses and have a right to rebel against their simple-minded parents. No, you must understand first of all that there is a reason why a child is born into a particular family, because nothing happens by chance. The Lords of Destiny act with wisdom and justice, and once the child has arrived it is too late to challenge the situation. If he is so brilliant, why did he incarnate into a family of morons? He was born there for the express purpose of carrying out a special apprenticeship, and this apprenticeship consists first of all in accepting his parents. Later on, who can say but, in becoming a member of this family, he must first try to live in harmony with them. When he has proved his true superiority he can do as he wishes, but not before. **(NOVEMBER 13, 2004)**

Nothing is lost. No good deed you do, no good word you speak, nothing. Everything you do, however minor, produces results. You do not believe this because you expect to see these results here, before your eyes. Well, this does not have to be so; they are often produced far away from you.

When you improve the quality of your life, many other lives are improved as well. But if you fail to progress, know that you also hinder the evolution of a number of other beings, because you prevent them from discovering the path of light. If one day providence allowed you to see the many threads by which you are all woven together, and to the universe, you would be stupefied. And you are weaving such threads every day. It is therefore extremely important that you make constant efforts to ennoble yourselves, to triumph over your weaknesses and reawaken the virtues which lie buried within you. **(DECEMBER 31, 2000)**

KARMA AND FREEDOM

The Creator has given His human creations the freedom to choose their destiny. Even the most powerful spirits in the invisible world are not allowed to interfere; they have to respect the choices human beings make. And this is why, for millions of years, human beings have lost their way, struggled and suffered, and nothing or no-one has intervened. These spirits know that one

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day even the most stubborn of human beings will come to understand they have made the wrong choice. So, patiently they wait. Those human beings who want to become heroes, saints, sons or daughters of God, are left to travel their chosen path. And it is the same for those who want to become criminals; they too are allowed to do as they choose because the spirits know the laws and say: 'Pour soul, he will inevitably come unstuck.' The spirits see it coming, but they have to leave everyone to live their own experiences and draw their own conclusions. We are therefore free to do as we wish, but before we exercise this freedom it is best to realise there are laws and these laws will punish us if we act inappropriately and they will reward us if we make the right choices. **(FEBRUARY 1, 2002)**

Of course we are free to do whatever we wish, even to the extent of distancing ourselves from God. But we will soon see what destiny awaits us.

What motivates someone who separates himself from God, who does not want to remain in the light? The most commonplace ideals: the desire to make money, to wield power, and to be well known. He wants to eat and drink well, and to dip into all sorts of pleasures. Then, because his ideal is so mediocre, he is forced to crawl around exploring low regions, where unhappiness and disappointment lie in wait. You can predict the future of someone if you know his ideal, for he will succeed in reaching that ideal. With knowledge of initiatic science, nothing is easier than predicting the future of human beings. When we see a train set off on specific tracks, we know the exact details of its journey and its final destination. **(FEBRUARY 14, 1998)**

To what extent do we have freedom in life? Only in the choice of direction we wish to take. Beyond this, nothing depends on us. Life has often been compared to a journey. Well, let us study this comparison. You are to go on holiday, and with this, every possibility opens up before you: the sea, the mountains, the desert, the countryside the forest ... Let us imagine that you choose the mountains, the Alps. From that moment, you know you are going to see certain rivers, certain lakes and certain peaks. If you choose the sea or the desert, you will expect something completely different. Thus, only the choice of direction is yours, after which you will find yourselves in landscapes that existed long before you and will exist long after you.

The same thing applies to our inner life. Only our choice of destination is up to us, whether it be quicksands, swamps, dangerous forests ... or fertile plains or parks filled with flowers and birds. Every misfortune and every happiness already exist; others have known them before us. It depends on us alone whether or not we visit them. **(FEBRUARY 16, 2003)**

The worst difficulties and the worst suffering begin when a person thinks he is the sole master of his destiny, that there is no providence, no luminous entities to guide or support him. This is how he severs all bonds with heaven, and is then no longer a child of God shielded from worries. As soon as he stops relying on his heavenly Father and Mother, every kind of suffering starts to sweep down on him, and he feels all alone. But he must understand that it is his fault: It is not heaven that has abandoned him, it is he who has abandoned heaven. To solve your problems, to get help, nourishment, and enlightenment at all times, you must never sever the bond with heaven, because heaven never leaves its child to cry all alone. **(MAY 14, 2001)**

Whatever work providence or fate has given you, you must make the effort to accomplish it in the best way possible. If you refuse to do it, or if you show negligence pretexting that you do not think you deserve this work, you are retarding your evolution, and later you will be obliged to come back to correct and repair the situation. When this happens, you will notice how difficult it is to redo work you thought was finished.

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If we are on earth, suffering and struggling in the midst of difficulties, it is precisely because we must finish or start over some work... Heaven has sent us back to repair our mistakes and carry on with our education. That is the meaning of our successive reincarnations. If we refuse to understand these lessons, we will be sent back to earth, and it will be harder and harder to correct our faults. **(MAY 22, 2001)**

Those who want to be master of their destiny must not be so preoccupied with what may come to them from the outside: difficulties or opportunities, profits or losses. They must work with the sole idea that all possibilities are within them, and as a result they will become stronger and increasingly capable of facing all situations.

Whatever realm it may be, you must not count on any outward gain or success. If they come to you, they are welcome, of course, but do not count on them, for nothing outside you is permanent or can really belong to you. Sooner or later it will slip through your hands. You must simply work to be inwardly strong and rich, in your heart, your mind, your soul and your spirit, so that everything you have acquired belongs to you forever. This is true freedom, true independence. **(JULY 6, 2004)**

It is the nature of our needs that determine your destiny. For example, if you need a large quantity of cigarettes or alcohol each day, if you want many houses, cars or businesses, or if you wish to spend your evenings in night clubs or playing roulette at the casino, your destiny is already marked out: degeneration, ruin, possibly even prison. The opposite is obvious, too: if your desire is to contemplate divine beauty or spread peace and light all around, happiness and prosperity will come your way. Why is it that so many people have not realized that each need, wish and desire places them on predetermined tracks leading either to infested regions, where they will be devoured by all manner of wasps, snakes and wild beasts, or toward magnificent and light-filled regions, where they will find untold joy? Yes, according to our inclinations, tastes and desires, it is we ourselves who assume the responsibility for our eventual destination.

(JULY 13, 1998)

Everyone should be aware that they possess certain powers given to them by nature and with these powers they are able to shape their future. The Lords of destiny say: 'Do what you want, but be careful, everything you do has consequences. If you wish for money, success, power, you can obtain these, but be aware they do not last long, and they also tie you down and you will be obliged to become enslaved by all the beings who have money, success and power.' Jesus said: '... The ruler of this world is coming. He has no power over me ...' This means that the ruler of this world has riches and glory, and he distributes them to those who place themselves in his service. Jesus had nothing in common with him because he had nothing of his, he was free. This passage in the Gospels is very profound. Indeed, if you focus on material acquisitions you make contact with the ruler of this world, because they are at his disposal and he distributes them. So, directly or indirectly, you ask him for them. He may give them to you, but in exchange you will have to give him the most precious thing you possess: your freedom. So, be careful!

(JULY 23, 2000)

Human beings do not seem to be aware that their attitude toward the divine world determines their destiny. Instead of bowing before the grandeur of God and glorifying Him, they are adopting increasingly careless and disrespectful behaviours which thwart His plans and introduce chaos in His creation. Man's worst enemy is pride; it is this self-important and arrogant attitude which leads him to his downfall. If he wants to save himself, he must learn to regard creation as

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sacred, to vibrate like the Aeolian harp with each breath of wind, with each current from heaven, to commune with the universe, with the Universal Soul and with the Cosmic Spirit. During this exchange, energies from the higher world work on him: elements of the greatest purity flow into his soul, while the dark elements leave and are absorbed in immensity. **(AUGUST 13, 2004)**

Purity alone allows intuition to develop. That is why, in our teaching, we attach such great importance to purity: living a pure life, eating pure food, drinking pure drink, breathing pure air, having pure thoughts and pure feelings.

Man's destiny depends on the clarity of his 'inner eye', and this clarity depends on his way of life. As soon as he commits an error and violates divine laws his spiritual vision clouds over, so he is no longer forewarned or guided, and he becomes entrenched in inextricable complications. Therefore, always try to become aware of the relationship that exists between your day-to-day behaviour and the clarity of your vision. If you decide to live a straight, honest and noble life, you purify yourself, and your subtle organs start to function. That is how, with proper guidance and direction, you will again find the springs, the fields, the lakes, the meadows and the mountains of your true homeland. **(AUGUST 29, 1999)**

Are we free or must we submit to the laws of destiny? People have argued over this question for thousands of years. It is an error to think that everybody is governed by the same laws. Those who obey only their instinctive animal impulses will be of course be obliged to submit to the fate predetermined by their own nature. Those who have learned to master their instincts and passions escape fate and come under the rule of providence or grace, to live in light and freedom. It is a mistake to think that everybody is free or, on the contrary, that everybody must submit to an inexorable destiny. No, freedom depends on each individual's degree of evolution. According to the way we think, feel or behave, we either succumb to the blows of fate or else attract the blessings of providence. So, whereas in some areas people are tied down to the laws of destiny, in others they can escape those laws and be free, until one day they finally achieve total freedom. **(SEPTEMBER 1, 1998)**

If you want to foster only the purest and most selfless inner attitudes, you must learn to be discriminating in your choice of thoughts and feelings. Just as we have a physical stomach, so do we also have a spiritual stomach. And just as we discard the skin and bones and shells of physical food, so must we also take care to discard the dirt and poison that contaminate our thoughts and feelings.

Those who neglect the question of nutrition on the psychic plane are preparing great tribulations for themselves. Our thoughts and feelings are the materials with which we build our subtle bodies, and if we build a hovel we shall never receive the visit of a prince or a high priest. Our only visitors will be derelicts, symbolically speaking. Each one of us builds our own etheric, astral and mental body, and our destiny is determined by the quality of these bodies, which attract either light or darkness, suffering or joy. **(SEPTEMBER 6, 1995)**

Disciples of an initiatic school must do all they can to settle harmoniously any problems with those near to them, otherwise, they will create new karmic debts. Why do members of the same family have to settle their arguments over money in court? Why are they not above all that? Why are they so attached to their own interests and possessions? It would be so simple to make a generous gesture and be free of this pettiness. To begin with, of course, such a gesture would not come easily – it would go against the grain and be a difficult step to take. But if a reconciliatory gesture could be given, whole new worlds and fresh insights would open up and

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these people would be the proudest and happiest of all, because they would have achieved something very hard to do: They would have conquered their inferior, greedy and possessive natures.

The lower nature ceaselessly counsels people to defend their interests with tooth and claw, even to the point of fighting in the courts of law. And these same people believe they are capable of following a spiritual teaching! But no, they are not. **(OCTOBER 28, 1998)**

Is man free? Thinkers and theologians have discussed this question for centuries; and if they have failed to reach agreement, it is because they are not asking the correct question.

Freedom is not a condition that is either given or not, once and for all, to humanity. The person who asks himself: 'Am I free?' must understand that in his present existence his freedom is very limited, because the present is the consequence of his past; and it is impossible to return to the past and change it. We must endure the past and digest it, and this is what we are doing in the present. But as far as the future goes, we are free, because with time we have the potential to create the future we wish for.

It is essential to grasp this truth, because it helps us to understand in what direction we must work. When we know we can shape the future, we no longer suffer the present, because we are preparing ourselves to become ever greater masters of our destiny. **(OCTOBER 25, 2003)**

Man's destiny can be compared to a journey by train: once he has got onto the train he is obliged to go where it takes him. However, he is free to leave his seat, to change compartments or even coaches, to walk up and down the corridors, to read or sleep or look at the countryside, to be silent or to talk to other passengers, to make the acquaintance of a charming young man or a pretty girl, to go and have lunch in the dining car, etc., or even to throw himself out of the train and kill himself! He is both free and not free. In the same way, the conditions and elements that are at your disposal here on earth are predetermined, but you still have a certain amount of freedom of action and movement; the question is how to use the freedom you have, for it can be used in such a way as to free you completely or restrict your freedom even further.

(SEPTEMBER 10, 1987)

You are always dwelling on past mistakes and sufferings but, instead, try to look to the future. Think that you are a son or daughter of God and that your destiny is to come ever closer to your celestial Father, to manifest his qualities. Imagine this extraordinary state of blossoming, joy and fulfillment, and already you will be able to taste your destiny, you will have made it real.

When you are faced with an experience you dread – sitting an exam, undergoing surgery, appearing before a court – you worry for several days beforehand wondering how it will work out. And when you think you are about to meet your loved one, you can already feel the joy. So, if thought can make you anticipate the very near future with pleasure or otherwise, then why not the far distant future, also? The power of imagination is a reality and all disciples must learn to use it to speed up their evolution. **(OCTOBER 17, 1999)**

Freedom is within us, but we can only gain access to it progressively as our links with Heaven become gradually closer. Our freedom lies in accepting God's plan for us, in neither rebelling against trials and tribulations nor in trying to avoid them, but in trying to understand what they mean and why we have to endure them. If we have this attitude Heaven will lighten our burdens. It may not change the actual events we are destined to experience, but it will give us the inner strength to confront them and we shall suffer less from them.

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We should not seek for freedom on the physical plane but on the plane of consciousness. If we accept what God sends us and want to do his work, he who is the lord of all destinies will allow us to endure our trials as though they were not really trials, but only a source of spiritual enrichment. In this way we shall begin to learn how to use our freedom. **(OCTOBER 21, 1995)**

Is man free? Thinkers and theologians have discussed this question for centuries; and if they have failed to reach agreement, it is because they are not asking the correct question.

Freedom is not a condition that is either given or not, once and for all, to humanity. The person who asks himself: 'Am I free?' must understand that in his present existence his freedom is very limited, because the present is the consequence of his past; and it is impossible to return to the past and change it. We must endure the past and digest it, and this is what we are doing in the present. But as far as the future goes, we are free, because with time we have the potential to create the future we wish for.

It is essential to grasp this truth, because it helps us to understand in what direction we must work. When we know we can shape the future, we no longer suffer the present, because we are preparing ourselves to become ever greater masters of our destiny. **(OCTOBER 25, 2003)**

Heaven gives only credit to those who deserve it. When people are seen to be making sincere and disinterested efforts, trying to serve with all their heart and soul, Heaven cannot but give credit, so it pours out all its blessings on them. On the other hand, people who use their gifts from Heaven for their own benefit or to do wrong, receive no credit: Heaven withholds all blessings from them. That is why all spiritual traditions urge people to make good use of the gifts, qualities and riches they have been given, otherwise sooner or later Heaven will take back all those same gifts, qualities and riches: They may have distinguished themselves brilliantly in this life, but they will find themselves poor and naked in the next. **(NOVEMBER 8, 1999)**

Imagine that just when an initiate is about to reincarnate he is offered an unique and truly glorious mission on earth. At the same time he is warned that if he accepts he will have to suffer and endure contempt, defamation and disgrace, for it is only by triumphing over such tribulations that he will accomplish his mission. Of course, he will not find the prospect of what is in store for him very pleasant, but as it is the end that counts and not the means, he accepts. Then, when he reincarnates the Lords of Destiny take away his memory. He remembers nothing about his mission or about what he will have to endure, and when his trials are upon him he suffers just like everyone else. It is only later that he understands that Heaven has used him to carry out its glorious designs, and that if he had not suffered he would have accomplished nothing. Of course, not every human being can attribute his trials to a glorious mission entrusted to him by Heaven, but everyone should know that depending on the way they overcome their trials, Heaven will be able to tell whether or not it can count on them in the future.

(NOVEMBER 23, 1995)

HOW TO PAY KARMIC-DEBTS

Karma is the application of the law of cause and effect on human destinies. And because it is the application of a law, we cannot escape it; but we can pay it in different ways. Prayer is one form of payment, because into your prayer you put gold, in other words all that is best of your heart, your soul and your spirit. You realize your mistakes, you regret them and you promise to

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make up for them with good deeds, positive actions. So Heaven says: 'Since he regrets and wants to make amends, it means he has understood, so let's ease his trials.' Because what does Heaven want? That we improve ourselves. Heaven has no desire to quash us. What would it gain by that? Heaven desires only that our consciousness grows and that we become wiser, which is why, if we show ourselves to be thick-headed, it will continue to send us trials. If, however, it can see that we understand without the need to be subjected to all this tribulation, that is enough. Heaven is not resolute on destroying us. **(OCTOBER 12, 2002)**

There are events which people cannot avoid because everything written in their destiny must take place, so in this sense they are not free. If we live reasonably we are granted only one freedom: we are permitted to pay our karmic debts in some way other than previously decreed. For example, suppose we are to be gravely ill and laid low for some time: this illness is a debt that has to be paid for some past transgression. But the debt can be paid in a different way by undertaking some serious spiritual work of prayer and meditation. Therefore, when our illness comes it will be less serious, since that part of our debt has already been paid with our work of light and love, and we shall be out of action for only a few days. Our spiritual efforts have strengthened our organism. The same principle applies to all trials of life. The moment we encounter a difficulty caused by some planetary aspect or the transit of some planet through our astrological chart, if we have already done serious spiritual work, accumulating 'money' – forces and energies – towards the settlement of our debts, we can confront our trials in the best possible conditions. **(MAY 8, 1999)**

If somebody decides to follow a divine path and continues on that path without weakening, the Lords of Destiny – the Twenty-four Elders, who inhabit the Sephirah Binah – are obliged to accept that this person speaks their language, the language of stability, so they change the degrees that govern him. However, they are not in a hurry; they wait to see how long he perseveres. When he proves his ability to continue advancing faithfully, these Elders are almost obliged to make a fresh entry in the book of his destiny, bringing in the element of providence, which means a state of grace. Grace is the Sephirah Chokmah, which is to be found on the Sephiroic Tree just above the Sephirah Binah. The Twenty-four Elders communicate with Chokmah and pass on this person's records with glowing references. Providence, therefore, has its origin in Chokmah. The preceding Sephiroth are subject to the laws of justice and karma, but when one enters Chokmah, where Christ dwells, one comes under the reign of grace or freedom. **(AUGUST 29, 1998)**

Just because you have chosen the path of good and light does not mean that right away your problems will be solved, that all difficulties will disappear and your road will be free and clear. Do not delude yourselves: as long as you have debts to pay for all the transgressions you have committed in the near or distant past, you will meet with difficulties and suffering. It is only after you have honestly acquitted yourself of your debts that the path will be clear before you. So, when you are confronted with trials, neither rebel nor succumb to discouragement. Instead, do your best to surmount them. Know that they are necessary and must not prevent you from continuing on the path of good and light, and from building your future. **(SEPTEMBER 20, 2003)**

Be it in the physical, moral or intellectual plane, all human beings arrive on earth with shortcomings, disabilities even. These shortcomings and disabilities may vary in severity, but they always have the same cause, which is that in their previous lives, these human beings have led unreasonable existences. All their mistakes have accumulated, condensed, solidified like

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growths and now they are faced with matter that resists. So, what can be done? Well, they can use the process in reverse, in other words make these growth dissolve by subjecting them to the fire of the spirit in order to create something altogether purer and more harmonious.

If someone decides to follow the divine path and never falters in his decision, the Twenty-Four Elders see that he speaks their language, the language of stability, and they (May alter the fate decreed for him. But they are in no hurry; they say, 'Let's wait and see if he perseveres.' And when they see that he continues faithfully on the right path, they are practically forced to rewrite his destiny and bring it under the rule of Providence or Grace. Grace belongs to the Sephirah Chokmah, the Sephirah next to Binah on the Sephirotic Tree of Life. The Twenty-Four Elders get in touch with Chokmah and send on this person's file, with a note of recommendation. The reign of Providence begins with Chokmah; all the other Sephiroth are under the rule of Justice and Karma, but when one enters Chokmah, the region of Christ, one comes under the rule of Grace, the rule, that is to say, of freedom. **(JANUARY 2, 1988)**

If you take, you must also give. And even if you do not take, you should still give. Why? Because in doing so you initiate movement, and you will receive something in return. Start, at least, by learning to give when you have taken; this will be a step in the right direction. Review your relationships with the people around you; look honestly at how you behave with your parents, your children, your friends, your society, as well as your attitude towards nature and, finally, with God. You will see that you have taken many things from being both visible and invisible without the slightest thought of giving anything in return. This means that you have accumulated debts. Well, know that you reincarnate in order to pay off all such debts.

Everyone without exception has a karma to deal with. Whether it be an individual or collective karma matters little. There are personal karmas as well as social, national and racial karmas, but it is not really necessary to concern yourself with those. What is important is simply to pay your debts, because justice demands it. And when you hear the word 'justice, a shiver should run through your entire being, for this word contains all the secrets of cosmic balance. **(JANUARY 11, 2000)**

'It's my life and I just want to do with it what I want.' This is how young people generally declare their independence. They want to live their life, yes, but what kind of life is that? An animal life or a divine life? People who think only of 'living their life' open themselves up a chaotic existence and what happens then is that they actually lose their life in the end. The disciple on the other hand knows that if he wants to save his life, he must devote it to the Lord, saying: *'Lord, I am beginning to realize that without You, without Your Light, without Your Intelligence I am nothing. I have been doing as I please and now I am sick and weary and feel ashamed of myself. I feel I am now ready to serve you. I devote my life to You so that finally I may be of some use to the world.'* The Lords of destiny will then take counsel and decide: 'From here on in we change your destiny.' And this decision will be published throughout all the regions in space. The angels and all the servants of Heaven will instantly comply and you will find that your life begins to change. **(JANUARY 22, 2002)**

From both an educational and a psychological point of view it is unwise to tell people about their previous incarnations. The time will come, of course, when each of us must look at this question for the sake of our own evolution, but not before we have first acquired a certain degree of self mastery. Imagine being told that someone around you or even in your family has been your worst enemy in the past, that they persecuted you or massacred you. How would you react? If in this life we encounter certain people or belong to a certain family, it is because we have matters to sort out with these people or with members of that family. And what about those people who

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are told that they were powerful or famous in the past? Will they be sensible enough to avoid becoming excessively pretentious? If you are weak, if you lack self control, what will this lead to? Certain revelations are dangerous, because they risk troubling people or awakening desires for vengeance or ambitions that will hinder their evolution.

If it were so important to know our reincarnations, why does providence hide them from us? For one good reason: it anticipates the future and wishes us to stay in this state of ignorance so we may better rectify our past mistakes. **(JANUARY 27, 2000)**

Instead of trying to shift the responsibility for your difficulties on to other people's shoulders, even rebelling against God Himself, reflect, meditate, and you will discover that these trials have their good side. There are many qualities we cannot develop as long as we have not passed through some suffering: setbacks, illness, and even the enmity of our fellow human beings. Yes, that is why I explain that our enemies are often friends in disguise, because it is they who force us to make the effort to progress.

Jesus said, '*Love your enemies,*' and many people find this impossible, insane even. How can we love people who have done us harm? The only way to love them is by discovering in them the friends in disguise, sent us by Providence, to make us advance along the path of self-mastery and freedom. **(MARCH 2, 1998)**

The difficulties and sufferings that we meet with in life have been sent to us by higher Beings, who act with perfect justice. If we rebel against them, Divine Justice will have to double our punishment. The same principle applies in earthly punishment: if a prisoner tries to escape he is taken back to his cell and his term is lengthened. If he rebels and tries to escape again, human justice will, once again, prolong his prison term. What happens on earth is simply a reflection of what happens in the invisible world. If we rebel against the destiny that has been meted out to us in accordance with Divine Justice, we shall only suffer even more. Justice will oblige us to go back to prison (our difficulties) and stay there twice as long. The only way to hasten the day of our liberation is to want to make reparation for our errors, and to try to advance and put ourselves in the service of the Lord. **(APRIL 11, 1988)**

It is the Thrones, the angels of the sephirah Binah, also known as the Twenty-four Elders, who decree the destiny human beings will meet with in their next incarnations, according to how they have lived in previous lives. But these orders are executed by others: the angels of the sephirah Chesed or Geburah. If people need punishment, if it is necessary to subject them to trials in order to teach them truths they have stubbornly ignored, the Twenty-four Elders will not execute this themselves, but will send the angels of Geburah to subdue these recalcitrant individuals. And when, on the other hand, people deserve rewards, it is the angels of Chesed who come and smooth the way and shower them with blessings. Each angelic hierarchy has a task, a specific mission: the Aralim, the angels of Binah, pronounce judgement; the Seraphim, the angels of Geburah, establish trials and punishments; and the Hashmalim, the angels of Chesed, distribute blessings and rewards. **(JUNE 28, 2000)**

There are people who decide to do away with themselves rather than face up to trials and suffering; they do not know that, in fact, the consequences of this action will lead to much harder ordeal. Nobody has the right to decide when he will die, because if he does, he is a deserter and will have to pay with further suffering. If people try to enter Heaven before their time, they will be told to go away because there is no room for them, and they will be obliged to wander in the lower astral plane for as long as they were destined to live on earth. Someone who decides to

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commit suicide demonstrates a seriously flawed frame of mind. First, it shows that he is ignorant: he does not understand the reasoning behind the trials he must experience. Next, he is proud: he thinks he knows better than Heaven what he deserves. Finally, he is weak: he cannot put up with difficulties. Now it is clear: someone who commits suicide is ignorant, proud and weak. In addition, he has abandoned his given role in life and this displeases the divine world. Heaven cannot respect somebody who does away with himself, because in doing so, he places himself above the Lord of all destiny and must, in consequence, submit to great suffering.

(JULY 26, 1998)

By rejecting the concept of reincarnation and by refusing to teach it, Christianity is preventing people from understanding divine justice and the way in which it manifests itself. It comes as no surprise therefore, that everything consequently seems senseless. When you do not see the true reason for situations or events, they become incomprehensible and you end up seeing injustice everywhere. Faced with suffering and unhappiness Christians say: 'It is God's will.' They themselves – unbelievably – have done nothing to cause this suffering; they are not responsible for anything. Only God is responsible. God does as He pleases and what pleases Him is not based on justice.

All Christianity has achieved by rejecting the concept of reincarnation is to make the human spirit lose its way. Whereas with reincarnation everything becomes clear. Reincarnation explains how the law of cause and consequence manifests itself from one incarnation to another. It is no longer the Lord who dishes out good things and bad things in such a way that nobody can ever understand the reason. People become the creators of their own destiny. The greatness, the splendor, the perfection and, especially, the justice of God are thus maintained.

(AUGUST 4, 2000)

If somebody decides to follow a divine path and continues on that path without weakening, the Lords of Destiny – the Twenty-four Elders, who inhabit the Sephirah Binah – are obliged to accept that this person speaks their language, the language of stability, so they change the degrees that govern him. However, they are not in a hurry; they wait to see how long he perseveres. When he proves his ability to continue advancing faithfully, these Elders are almost obliged to make a fresh entry in the book of his destiny, bringing in the element of providence, which means a state of grace. Grace is the Sephirah Chokmah, which is to be found on the Sephirotic Tree just above the Sephirah Binah. The Twenty-four Elders communicate with Chokmah and pass on this person's records with glowing references. Providence, therefore, has its origin in Chokmah. The preceding Sephiroth are subject to the laws of justice and karma, but when one enters Chokmah, where Christ dwells, one comes under the reign of grace or freedom.

(AUGUST 29, 1998)

You think you are plagued by injustice? Well, begin by telling yourself: 'It is only temporary. It won't last.' And if you then bear these injustices with patience, humility and love, you will one day come out the winner. Even the best of people can fall victim to injustice, but if they have truly progressed along the road of evolution and have not been held up despite all the obstacles they have encountered, Heaven and Earth have vowed to give them everything they deserve. This is an immutable law. So why worry? There is no need for you to ask yourself whether the entities who are in charge of your destiny are intelligent and good, or whether they have fallen to asleep and have forgotten you. Only ask yourself if you are doing your work properly. Because those entities know their work perfectly and when the time comes not only will they restore all your rights, you will also be rewarded a hundred times over.

(SEPTEMBER 26, 2000)

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If you want to transform, remodel your temperament, your tendencies, your habits, your heredity even, you must call upon the celestial fire. Once you have attracted this fire within you, you will maintain it so that it dissolves your matter and they by using your thought you will work relentlessly to make new creations within you. **(SEPTEMBER 27, 2002)**

KARMA, SPIRITUAL TEACHERS AND DISCIPLES

It is possible for a spiritual master to intervene in the life of his disciples, but he does not normally do so because he respects the laws of destiny. We cannot avoid paying our debts. We may do so promptly or not so promptly, but we have to pay. It is important to know that in order to advance our evolution there are certain debts that should be paid very quickly. It is in cases of this kind that a master may agree to intervene in the life of a disciple and free him from the constraint of circumstances that stifle his inner impulses of truth, wisdom and love. Only a disciple who pursues his quest for truth with real sincerity, however, will be worthy of such intervention. A master will not change the destiny of just anyone, he will only do it for a disciple if he really merits it, otherwise it would be useless; if his heart is cold and his intellect clouded, even a master cannot change him. **(APRIL 6, 1995)**

When a great spiritual master sees the extent of human suffering and goes to the Lords of Destiny – the Twenty-four Elders – saying, ‘Even though I am free to stay here eternally to enjoy all the glories of Heaven, please grant me leave to go down to help human beings,’ they give him the freedom to do so. But once he is on earth he must submit to the constraints of the physical plane: to hunger, cold, fatigue, illness and death. Although his spirit comes from very high, once he has accepted to descend into matter, he must submit to material laws. Of course, thanks to the power of spirit, he is more able than most to cope with conditions on earth. But the physical world remains the physical world; and however great he may be, a spirit who decides to incarnate into matter must struggle without cease to master that matter, and to recover the freedom he possessed on high. **AUGUST 20, 1998)**

The earth is a school and all the things that we find on earth are lessons; lessons that come from every quarter. If you fail to understand the lessons of destiny it will continue to torment you. The Invisible World sends Masters to instruct human beings and thus facilitate their evolution, but if they refuse their lessons, other means are used: failures, illness, poverty and so on, and these 'instructors' are quite merciless. If you do not want to be taught by such fearful instructors, you would be well-advised to accept the lessons that your Master is giving you. When one is not spontaneously ready to learn the divine laws, one is whipped until one learns them! **(OCTOBER 3, 1987)**

Few people have an understanding or even an intimation of the role a spiritual master can play in guiding their destiny. They do not want to know all that a moral and philosophical teaching could do to rectify, improve and harmonize their lives, because they tell themselves that with such a teaching they would no longer have any peace. It would endlessly emphasize their weaknesses and the danger of the paths on which they often embark. If they failed to follow the rules, they would feel guilty, and this they could not tolerate. It is a pity, because with this

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attitude they will face far greater suffering and restraints than those they would endure if they followed the recommendations of a master. **(NOVEMBER 4, 2004)**

In order to transcend the limits of his consciousness, the disciple of initiatic science must learn to project himself to great heights, to the sublime Being who embraces and nourishes every creature. The disciple seeks to know how this Being envisions man's destiny, what plans He has in mind for his own evolution, both in the near and the distant future. It is in striving to draw closer and closer to this immense, luminous and perfect Being that the disciple is able to surpass himself. A work takes place within him, in his subconscious, in his consciousness and in his superconsciousness and what he then feels and experiences is indescribable. This practice is one of the most beneficial for the disciple: by devoting himself to it every day, he is able to distance himself from his limited ego and dissolve into this ocean of light within is God. It is here that he finds the true measure of knowledge, fulfillment and freedom. **(JANUARY 5, 2003)**

Whatever you may say, it is your behaviour which proves whether or not you have faith. By your behaviour you demonstrate whether your faith is sustained by your love, your intelligence, your knowledge and your willpower. To believe in God is to know one is a son or daughter of God, and to strive to live in accordance with this relationship. A child of God knows not only that he is heir to the qualities and powers of his heavenly Father and Mother, but that he must do everything possible to develop them and thus become master of his destiny. Every action that is not inspired by true wisdom and love produces toxic matter in a human being which prevents the manifestation of his divinity. One who knows that God is his Father has only to clear and purify the space between this Father and himself. **(FEBRUARY 2, 2004)**

Even among the disciples of a master, many in fact do not truly follow his teaching. If they analyse themselves they will see that they are still enthralled by all sorts of concerns which are not at all spiritual. There are a few bits that they accept from their master or from Jesus or other spiritual masters so that their conscience is clear, but they mix them up with all sorts of trivialities: what a certain politician, a certain intellectual, a certain artist said, wrote or created. I am not suggesting that you should not be interested in such matters, but there are so many more important things! Yes, it is more important to be interested in the creatures who inhabit the luminous regions in space, in their work and in the laws that govern human destiny, because this is where our true life lies. It is not found in what the newspapers, the radio or television recount, but in this essential, eternal world in which we must at last participate. **(FEBRUARY 25, 2003)**

True Christianity basically concerns a work with the mind: prayer, meditation and contemplation. Unfortunately, it has been a long time since Christians had the ideal of Jesus; instead they adopted the ideal of the Church. They have neglected the great truths and most important dictates of the Gospels, and what took their place? Jesus said: *'Be perfect as your Father who is in Heaven is perfect.'* These few words are amongst the most essential ever spoken about the divine predestination of man.

Does the Church really worry about that? No. And if someone is inspired by the spirit of the Gospels and decides to work at coming closer to the perfection of the Heavenly Father, there will always be priests and ministers who will say, 'What arrogance! It's insane!' Of course ... the teaching of Jesus about perfection leads to pride and insanity! According to them, a person must be humble and reasonable: go to mass on Sunday, take a few drops of holy water, mumble some prayers, receive the host and give away a few pennies. And if that person goes home still

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as nasty and dishonest as ever, it does not matter. Well, unfortunately, the best proof that this understanding of the Gospels is inadequate is that people are not becoming better beings.

(APRIL 8, 2001)

Nature is alive and intelligent. Yes, intelligent. It is not only human beings who possess the faculty of intelligence. Of course some find this difficult to admit, but they must realize that as our opinion of nature changes, so we change our destiny. Nature is the body of God. If we think it is dead and stupid we diminish life within us. On the other hand, if we think that nature is alive and intelligent, that stones, plants, animals and stars are also alive and intelligent, we also introduce life into ourselves. And since nature is alive and intelligent we must be extremely attentive towards it, and respectful of it, and look upon it with a feeling of sacredness. **(AUGUST 30, 1999)**

Most Westerners are a long way from understanding the part a master can play in steering their destiny, everything his presence can improve, put right and bring harmony in their lives. And even if some have a master, in practice they are more open to all kinds of trifles and frills than to him. They consider the master to be merely a small ornament, a minor decoration.

Unlike Westerners, Orientals are aware they need a master to give them direction in life and when they have found him, they respect him, they do not doubt him. The master is like a door to them, which will give them access to the divine world. And it does not matter to them if this master is neither omniscient nor omnipotent. The image they hold of him in their heads, in their hearts, is omnipotent. It is this inner master who opens doors to them. **(SEPTEMBER 3, 2000)**

Jesus said, '*Be perfect as your heavenly Father is perfect.*' Therefore, whatever your failings, whatever your problems and your suffering, never forget that your real future, your ultimate destiny, is to become like God Himself. If you forget this wisdom, this light, do not be surprised if you are never free of disappointment, sorrow and despair. And later on, of course, you will be a case for the doctors. So many people come to the brink of disaster! They are said to be depressed, neurasthenic, neurotic...there is no end to the scientific labels! But in fact it is always the same illness: a disregard for man's true nature, for his divine essence and his final destiny, which is to return to the womb of the Eternal. Therefore, hold fast every day to the notion of this luminous future. **(NOVEMBER 15, 2004)**

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Encyclopedia Initiatic Science

Book 47: How to work with Talismans

What is a talisman? It is an object made up of certain materials and engraven with figures or characters, to which are attributed the occult powers of the planetary influences and celestial configurations under which it was made. This is why the magus who composes a talisman must know how physical objects can make contact with the forces of nature and the invisible beings.

It could be said that the work of a magus is identical to that of nature, which fills stones, plants, animals and even human beings with a particular essence, which can subsequently be used. The magus puts to good use the natural energies contained in all things to strengthen and amplify these energies. He possesses a great power, in other words, and he must therefore have a thorough knowledge of the laws and only compose talismans endowed with the best influences, which he will make serve the general good. **(APRIL 1, 2002)**

You may, as you are walking down the street, come by a place where a dishonest deed or even a crime is being committed. If, at that particular moment, you happen to find yourself in a negative inner state, you are in fact in harmony with the vibrations produced by such deeds and you are influenced by them. You may then be pushed into doing wrong yourself, without actually realizing it is because of the fluidic emanations you picked up as you walked by. This is why it is so important for you to watch the quality of your inner states, because it is the only effective way to protect you from dark influences. And do not rely on amulets, talismans or any other kind of trinket that is being sold on every street corner nowadays. It is down to you; you have to work on your thoughts and feelings so that you may attract only fragrances of purity and light. **(MAY 7, 2002)**

In itself, every object is neutral. But whatever the object, man has the power to influence it by means of thought in order to make it work for good or for evil, and this is called magic. A magus is someone who is able to infuse objects with properties and powers they did not already have. A white magus extracts elements from his own quintessence and introduces them into certain objects, thus transforming them into talismans, which are bearers of every blessing. As for black magic, it is best not to talk about it.

As for you, you must concern yourself with magic only as a means of doing a useful work every day using your thoughts. Everywhere you go, strive through your thoughts to introduce particles of light that you have wrested from your heart and soul into every object you touch. In doing so, you will create sacred spaces in the invisible world which will influence all creatures in a beneficial way. **(JUNE 15, 2003)**

Many people refuse to admit that they can resolve their problems with the very simple methods given to them by sages, because they feel that these methods are too simple. They demand cabalistic formulas and displays of magic tricks. If, in order to free them from their troubles, a sage, an initiate, tells them: 'Close your eyes, calm yourself, breathe, send your love to the whole of humanity, to the whole of nature, bring yourself in harmony with the universe,' they do not listen. Instead of using these methods, and thus discovering their true value, they will go and seek out bogus magi to ask for a talisman or for revelations of the secrets of the ancient Tibetans or Aztecs. And then they find that the talisman or the secrets are totally ineffective. In order to achieve major results and acquire great spiritual riches you must have deep respect for

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methods and rules which may appear insignificant but which are, in fact, highly effective, because they are based on an extensive knowledge of human nature. **(JULY 9, 1999)**

The most potent magic is not to be found in wands, talismans, rites or incantations. The most potent magic is in the human heart. If the heart does not intervene to lend intensity to your words and gestures they will be ineffectual. On the other hand, if your heart is full of love Heaven will hear and answer your prayer even though you recite no formula and make no gesture. Forget about talismans and magic formulas – which will never do much good anyway – and pray with all your heart and you will get what you want. **(JULY 13, 1995)**

Only those who possess the necessary qualities and virtues to sustain their work can obtain results in the spiritual realm. You wish to wear a talisman, for example, because you think that it will protect you and keep you on the path of light. So you go to a shop and buy a pentagram, because you have read that this symbol possesses protective properties. Well, you will have to think again: a talisman is of no use if you do not impregnate it with pure and harmonious vibrations by means of your inner work. And even if a great magus has prepared it for you, this talisman can only continue to be effective and powerful if you continue to animate it and nourish it with your thoughts, your feelings and the emanations of a life that is pure. Otherwise, it gradually loses its force and dies. The power of a talisman depends on the qualities of the person who wears it. **(AUGUST 4, 2004)**

Now that occult sciences are becoming fashionable, more and more people want to have a talisman. But why? In order to be sustained in a luminous, disinterested work, or to obtain material success without having to make any effort? Unfortunately, more often than not, greed and laziness are behind this desire to possess a talisman. Why bother to study, reflect, meditate, pray, or be vigilant? The talisman is there; it will do the work. In the meantime its owner will stroll about and sample every pleasure, profiting from all that the talisman procures for him. Well, a talisman must not be used in this way. That is why a true magus does not satisfy every request: he studies people and agrees to prepare a talisman only for those he feels will put it to good use, both for themselves and for others. **(AUGUST 21, 2003)**

Given a flower by the young girl he loves, a boy places it between the pages of a book. After a while, of course, the petals wilt and fade, but what does it matter? Each time he gazes at this flower, it seems to him that his beloved is smiling at him and telling him a thousand things. He places it against his heart and touches it with his lips; for him it is a talisman which opens the doors of heaven. He is filled with joy, he feels inspired, and he becomes a poet. But as time passes, his relationship with this young girl no longer seems so ideal. He now scarcely notices the flower in the book. It no longer speaks to him, as if it had become empty and dumb, and finally one day he throws it away. What has happened? The flower is still there; it has not changed, but he has. It was he himself who once made a talisman of this flower, and it is he who has withdrawn its power. **(AUGUST 25, 2004)**

All the rites established by the Church should not obscure true religion. People often put on the 'tinted spectacles' of a religion, a philosophy or a coterie, and they end up losing sight of everything else. What is the use of religion if it hides the splendour of what God has created and obscures the possibility of returning to the Godhead?

The clergy has warped people to such an extent that it is now no longer possible to make them understand the marvels of creation. What they have created themselves, yes, this they

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understand; but they have no interest whatsoever in what God has created, because that is not worthy of their attention. Of course they would not say so outright, but in practice it is just as if they were considering themselves superior to God. Instead of saying: 'Respect life, children, because everything is sacred, so honour the talismans which God has placed everywhere.' All that matters to the clergy is their tools: the dogma, the rituals, the reliquaries, the rosaries and the medals; the rest of creation is of no importance. **(NOVEMBER 6, 1999)**

The vibrations of love are so powerful that they can even transform stones. If you hold a stone in your hand and envelop it in love, it will begin to vibrate differently. This is how Initiatic Science explains the power of talismans. If you have an object which is foreign to you, its vibrations are not in rhythm with your own, so it cannot do you any good; but if you win its favour and alter its vibrations by wrapping it in layers of fluidic matter and lavishing a great deal of love and light on it, it will become your friend and have a beneficial influence on your thoughts and feelings, and even on your physical body. **(NOVEMBER 9, 1987)**

You obtain results on the spiritual plane only if you possess the qualities and virtues necessary to sustain your work, since nothing, no object, no exterior help can replace the work that you, yourself, can do. But it seems that even spiritualists have not understood this. Yes, we see more and more people resorting to talismans; they buy a few charms in a store and think that they only have to wear them or place them at home somewhere in order to be protected and obtain some powers. What a mistake! Even if you possess a talisman that has been prepared for you by a great magus, if you want it to continue to be effective and powerful, it must be you who nourish it with your thoughts, feelings and pure life. Otherwise, after a while it will lose its energies and die. No talisman can last eternally; its life depends on the qualities of the person wearing it and on the work this person decides to do with its help. **(DECEMBER 1, 2001)**

In the spiritual life, even more than in other areas of life, it is dangerous to try to take short cuts. What good would it do, for instance, if I gave you a talisman and told you that you could use it to call up the spirits? If you tried to do so it would destroy you, for you are still far too weak and inexperienced. You will be ready to receive the great secrets of initiation only when you have learned to take seriously all the questions that you still consider to be insignificant. You are not interested in practising self-mastery, stability, patience, generosity or selflessness, and yet it is such things as these that will be your salvation. The things you are interested in are more likely to lead to disaster. Go back and study all those rules and methods that you have pushed aside as being of secondary importance. Once you have done this you will be ready to approach realms for which the greatest possible control of thoughts and feelings is necessary. **(DECEMBER 10, 1995)**

Once people put on the 'tinted spectacles' of a religion, a philosophy or a little group, they end up losing sight of everything else. What is the use of religion if it hides the splendour of what God has created and the possibility of returning to Him?

The Church has warped people to such an extent that it is now no longer possible to make them understand the marvels of creation. They can understand what they themselves have created, yes: but God's creation does not interest them much and they consider it unworthy of the attention. Of course, should you ask them they would not say they feel superior to God, but in practice that is just what they are doing – putting themselves above Him. The clergy should say: 'My children, respect life, because everything is sacred, all created things are talismans placed everywhere by God. Thank Him for the light of the sun and the stars, for the air, the water,

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everything nature provides.' But instead, all that matters to them is their own little world – the Host, rosaries, medals – the rest of the universe does not matter. And that is how, in the end, the rites established by the Church end by obscuring true religion. **(DECEMBER 13, 1999)**

A young man and girl are falling in love; occasionally they meet and write to each other, and the little presents they give each other - the lock of hair, the flower, even a single rose-petal - are like talismans filled with an ocean of perfume that stimulates and inspires them and fills them with happiness. He is a valiant knight, she the Sleeping Beauty! They walk hand in hand in a world of poetry, gazing at each other and seeing beauty in everything; their love is pure and ideal. But as soon as they decide to experience it on a more concrete level, the poetry fades and prose takes over. You will say, 'But we cannot always stay on the ideal level.' That is what you think! If you really want to move to a lower level, do so, nobody is stopping you, but you will be leaving the domain of true beauty and your joy will be less. This is why I say that, as far as possible, you should maintain a slight distance in love, because it is precisely this distance that will inspire you and bring you fulfilment. Thanks to this slight distance your love will last eternally. **(DECEMBER 17, 1988)**

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Book 48: How to master Habits

Everything you touch in your home – including the chairs, furniture and walls – is impregnated with your emanations. This is the magical aspect of your presence: you deposit etheric particles on everything around you, particles that can be either good or bad conductors of celestial influences. Objects act like magnets, and if you constantly project negative thoughts and words they attract all that is negative in the universe. And of course the contrary is also true: if you speak words imbued with wisdom and love you dynamise these objects by covering them with beneficial fluids, so they become conductors of light, joy and health. Therefore, make a habit of doing this exercise: in all the rooms of your house, learn to touch things with love, bless them and ask the divine Spirit to visit them. Say: 'Spirit of light, purity and truth, I dedicate these objects to you, that they may become a receptacle, a vehicle for you.' And the divine Spirit will come and inhabit your house. **(JANUARY 2, 2000)**

When your soul leaves your body during sleep, it is not inactive: it travels, it contemplates immensity, it communes with heavenly spirits, and it strengthens its understanding of love, wisdom and truth. On its return, it brings back the memory of all this wealth and attempts to register it in the mind. And even if you are not immediately conscious of this, sooner or later you will be, because all these great truths leave an etheric imprint within you. This is why certain sublime truths that have been carried for a long time in your unconscious are sometimes communicated to you in a sudden flash. Until this moment, you have not been ready to be conscious of them, but suddenly there is a propitious moment in which your mind is well disposed, and this truth bursts forth. If you wish these experiences to be more and more frequent, you must become very disciplined in your life, because when you develop the habit of working on your physical body in order to purify it and render it more sensitive, your soul will be able to record sublime truths more easily. **(JANUARY 19, 2004)**

When you pour yourself a glass of water, get into the habit of holding your glass in your hand a few seconds, saying, 'I greet you, kind, pure and vivifying water, servant of God, introduce purity into me.' You will then feel your whole person being impregnated with a subtle fluid. Look at the water and identify yourself with it. Imagine that you too have this transparency, this crystal clearness. Gradually, you will no longer see it as a colorless insignificant liquid used for washing dishes and clothes, etc. You will feel the source of wonders opening up in you: things and beings will reveal themselves to you in their true quintessence, beyond their physical aspect. **(JANUARY 19, 2001)**

Many people recognize the benefits the atmosphere of a spiritual community can bring them. They clearly feel they are on the right path because their life acquires a clearer meaning as they endeavor to improve themselves, become wiser, more patient and more in control. But once they leave this spiritual community to return to their jobs and after they have been back with their friends and work colleagues for a while, they forget everything they have learnt and come to understand. They return to their old habits and old ways of thinking and they become almost ashamed of having been wise. So why is this? Why these changes? Because in reality they have not yet properly studied or properly understood. When a person is truly enlightened, they will remain in the light, despite the fact they may be surrounded by the most shameless,

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debauched people or the worst criminals. They will retain their higher state of consciousness. When wisdom begins to seem stupid, it means you have renounced it. **(JANUARY 24, 2002)**

People are seldom conscious of their bad mental habits. For example, one person is already tense and on edge before starting some work, another instantly reacts with negativism and panic to a new situation, while another rebels or gets discouraged. Because these people are not even aware of their attitude, they cannot put it right and inevitably fall back into the same faults, whatever the circumstances. If you want to cure yourself of your bad habits, the first thing you must do is observe yourself, so as to recognize them. As soon as you start seeing clearly within yourself, you will receive the means to put the situation right: all the possibilities the Creator has deposited in your consciousness and super-consciousness unite, and in this way you will progress every day, because you have made a habit of studying yourself and seeing clearly within you. **(JANUARY 26, 2001)**

Learn to work on a vaster, much broader scale so that your work benefits all creatures. To achieve this, you only need to change your way of thinking and become aware that you are an integral part of the universe in which you live. Let me give you an exercise that you can do when you are alone in your room. Although you are physically isolated, cut off from the rest of the world by the four walls that surround you, you can develop the habit of stretching your consciousness to embrace the house in which your room is, and then the town in which your house is. Then you can go further and remember that this town belongs to a region; that the region is part of a country; that the country is part of a continent, and the continent is part of the earth. And you need not stop there, for the earth belongs to the family of planets that make up the solar system. Progressively you begin to see yourself as belonging to the solar system. The solar system in turn belongs to a galaxy, which is only a small part of the whole cosmos! And since you are a cosmic being why do you always confine yourself to such a narrow range of actions and interests? Why do you not open your eyes and realise that you have a cosmic task to fulfil? **(JANUARY 30, 2001)**

The desire to free yourself is a good thing, provided you can do it without endangering yourself or others. Imagine that you have a house you no longer want because it is too small and inconvenient, and because you feel restricted there. Before you leave it, you must find or build yourself a new, more habitable one, otherwise you will be exposed to the elements. In the same way, before you detach from something that displeases or limits you, you must attach yourself to something new, something of better quality. This attachment is the construction of a new house, in other words a new way of thinking and acting. Then you can leave the old house, that is to say free yourself from what is disagreeable and tiresome. If, on the contrary, you detach yourself before attaching to something else you risk having to latch on to the first thing that comes along, which may be even worse. Do not detach before you have attached yourself. Do not demolish before you have built something better. **(JANUARY 31, 2000)**

When I was a young disciple with the Master Peter Deunov in Bulgaria, I noticed that he had an intriguing habit. Whatever he was doing, there always came a moment when he stopped, closed his eyes and uttered a few words; then, as if he had retreated to another world, his face expressed something extraordinarily peaceful and profound.

One day I succeeded in deciphering what these words were: 'Slava na Tébé, Gospodi', which means 'Glory be to You, Lord'. I thought that if it were necessary for a great master, who is always so closely linked to the Lord, to pronounce His name several times a day, all the more

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reason for us to do the same. And I wanted to imitate him. Throughout the day, wherever I may be, I am in the habit of saying: 'Slava na Tébé, Gospodi.' And you too should think about doing this, in Bulgarian or in French or in English, as you wish. Whether you are at home, in the street or at work, stop for a moment, link yourself to the Lord and pronounce these few words, so that no-one hears you, of course, and you will immediately feel connected to the divine Source of life.

(FEBRUARY 1, 2004)

When will human beings learn what true life is and how to manifest it? So many of them appear expressionless, fossilised, as if they are walking towards death; others are caught up in the turbulence of their passions, which is no better. It is rare to meet people who radiate something vibrant, spontaneous and at the same time harmonious.

We are not generally in the habit of reflecting on such a matter, and yet practically speaking, it is so important! How many husbands leave their wives, and how many wives their husbands, because they can no longer bear to see the same impassive, vacant, forbidding face each day. Even if the husband is a multi-millionaire who gives his wife everything and even if his wife is the best cook, one leaves the other, since money and cooking have nothing to do with true life. Why do human beings refuse to understand that only life can fulfil us ...life which is always new, always flowing.

(FEBRUARY 1, 2003)

The noblest desire one can have is the desire to serve God. Unfortunately, out of all the billions of people in the world very few ever think about such a thing, or try to find out how they could serve God effectively. When someone sincerely desires to serve the Lord he begins to experience all kinds of new needs: the need to learn, the need to strive for perfection, the need to fulfil the aspirations of his deepest being. To serve God is first and foremost to become a model of love and wisdom for others to imitate, and this means that you have to begin by working to change yourself, by abandoning your personal habits and those of your milieu in which material well-being, pleasure and worldly ambitions have pride of place. Only by breaking away from this narrow way of life, from these selfish habits, can one begin gradually to fulfil one's desire to serve God.

(FEBRUARY 1, 1995)

So many people find it normal to adopt a rebellious attitude of mind. If only they knew what their bodies were in the process of registering as a result!

They would realize that violent, chaotic vibrations were being recorded, indelibly printed in each of their cells. But people are not in the habit of observing themselves or their own inner state, and they do not know that nature, who is gifted with intelligence and memory, is preparing lessons for them later on. For example, they marry and have children: those children will take after them and, like them, will be violent and disrespectful. When this day comes, and they find themselves victims, they will complain, 'It isn't fair. What have I done to deserve offspring like this?' But they should reflect on their own past behaviour, and then, too late, they would understand. The law of backlash exists in the psychic as well as in the physical world. Unhappily, it is only when the consequences of their actions return to them that human beings begin to reflect and understand.

(FEBRUARY 6, 1998)

Nobody has ever emphasised sufficiently the importance of feeling contented and satisfied; most people have no idea that it is an extremely bad habit to be always discontented with everything and everybody. What is even worse is that, more and more, people tend to see contentment as a sign of gullibility and stupidity, whereas discontent is taken to be a sign of intelligence.

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If you nourish a feeling of discontent for any length of time, whether consciously or unconsciously, it always causes depredations within you. Discontent is only permissible if you yourself are the target of your discontent! But to be discontented with God, life and the rest of humanity, is an extremely pernicious inner attitude which will give you very poor counsel. And as you will not be able to conceal your feelings, your expression will be sombre, your eyes dull and lifeless, your gestures abrupt and your voice hard, all of which will make you very unattractive to others. For, although it is true that people tend to believe that those who are discontented are more intelligent than others, they still find them very unpleasant to live with, and are inclined to keep well away from them!
(FEBRUARY 9, 1988)

Human intelligence is a manifestation of Cosmic Intelligence, but a very imperfect one; for in passing through minds and hearts which are continually prey to disordered passions, it is limited and obscured. Cosmic Intelligence cannot manifest perfectly through a being who does not know how to control his instincts; but the more this being learns to control and purify himself, the better channel he is for this Intelligence.

The intelligence of a human being is not therefore uniquely the product of his studies and reflections; it also depends on the state of all the cells in his body. He must therefore oversee and protect their balance and harmony. He must pay careful attention to the quality of his physical food, but especially to the quality of his psychic food – his sensations, feelings, desires and thoughts, or he will remain closed to the greatest revelations. The only way to improve one's intelligence is to improve one's way of life. The initiates have always believed this; they have always known it and worked accordingly.
(FEBRUARY 11, 2004)

Try not to shy away from an opportunity to show self-control. And there is no shortage of opportunities to learn to fight hunger, thirst, heat, cold or tiredness. I am not saying you must live a life of privation or become a yogi. No, of course not. But if you look at what happens when someone is hungry or thirsty, they rush to find something to satisfy their hunger or thirst straight away. And if they do not find it immediately, they complain, they grouch, they become angry. Observe yourself and you will find that in all kinds of situations you do not tolerate being unable to satisfy immediately your desires and even your whims. So how then do you expect to be able to control anger, jealousy, hatred or sexual desire? You may well know it is best to control yourself and you may well try to control yourself, but if you have not yet learnt to strengthen your willpower with easier exercises first, you will never succeed.
(FEBRUARY 25, 2002)

Friendship is the most precious thing. True! But we do not always look for true friends, rather for allies, so that we may be approved and supported in our bad habits. Do you know many people who want their friends to be absolutely sincere with them and not necessarily approve everything they say or do? The least criticism makes them feel betrayed and angry. We all know that winning favor with someone requires approvals, compliments and flatteries. That is why some refuse to hear the truth, others see no interest in saying it, and so there are a lot of people spending their time deceiving others and making mistakes. The one who really wants to evolve does not deceive others and accepts, above all, observations and criticism.
(FEBRUARY 26, 2001)

When parents are weak and habitually satisfy their child's every whim, they will soon find he or she is impossible to educate. Even when he is in the wrong and knows it, the child will continue to insist on having his way, and it will be too late to put him straight. A child who has been excessively adored and pampered will demand the same treatment from the rest of the world,

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and unfortunately there will be only one force capable of educating him: life. Life is ruthless. And then this child will suffer. Parents prepare such useless suffering for the future of their children, simply because they do not know they should use a firm hand when dealing with naughtiness. It is the weakness of parents, and their foolish love, that brings misery to their children.

(FEBRUARY 26, 2000)

Man has been called a microcosm (small world), because he reflects and reproduces the macrocosm (large world). All the elements are present in man: he possesses all the poisons but also all the therapeutic chemical elements of the universe. The question is simply how to bring them to the surface so as to be able to use them. Even if we are still obliged to buy our remedies at the chemist's, it is important to realize that we already possess them all within us. In fact we have many elements on the etheric and astral planes, whose properties are still unknown to chemical science. Yes, for chemistry also exists on the astral plane, and if you know how to work with the elements found in the regions of feelings, emotions and sensations, they can be just as effective as the others. And the same is true of the mental plane.

There is a chemistry laboratory in each one of us, in which the elements are our thoughts, feelings and emotions. If a particular possibility is lacking in us it is because the corresponding elements are lacking, and this causes various anomalies. You can go and buy the missing elements, as you are in the habit of doing, on the physical plane, but it is even more important to look for them on other planes. The elements that can be obtained on the physical plane are not enough.

(FEBRUARY 26, 1988)

One of people's main concerns nowadays is to be able to eat healthy food. It is of course highly desirable that food should not be contaminated, but it is also important for those people who are involved in its preparation to be aware that the food they handle becomes impregnated with their emanations and subsequently passes these on to those who eat it. People use their hands to prepare food and a person's hands magically transmit something of this person's quintessence. Chefs, cooks, bakers and all those people who prepare food for their families on a daily basis must know this law of chemistry and magic. With this knowledge they will then get into the habit of touching food, conscious that what they are holding in their hands will contribute to the edification of the body of people nearby and far. away, persons known and persons unknown. This is a huge responsibility and it is therefore worthwhile for them to endeavour to be dwelling in the best inner state when they prepare food, fostering thoughts of good health, peace and light for those who are due to eat it.

(MARCH 1, 2002)

You are prepared to run here and there seeking help and remedies for your inner malaise, and yet you never take recourse in the light, this light in which you are immersed. Yes, when you feel tired, discouraged and disappointed, try to think of the light, this light which impregnates the entire universe. Concentrate on it and imagine that it circulates within you; not only will it purify your psychic organism, but, to some degree, your physical organism as well. As a result you will feel soothed, regenerated and, as you recover, your taste of life, capable of taking up your activities once again. The most effective method for taking in this light is to give thanks to God and to bless His name. That is why you must get into the habit of repeating several times a day: 'Thank you, thank you, Lord, thank you for life, thank you for the light. May your name be blessed throughout eternity.'

(MARCH 2, 2003)

We must meditate on all that our daily activities can teach us. We all know, for instance, that every day we must see to it that our house is neat and clean, that we must devote at least a few

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minutes to keeping it so, or life would soon be unbearable. So why have you not yet understood the importance of cleaning and ordering your inner sanctuary with the same patience, the same regularity, and the same perseverance? If your house became too dirty or cluttered, you would always have the option of moving out. But try moving out of your inner sanctuary! So each day without fail, you must visit your inner sanctuary and say: 'Let's see, what needs doing here?' Put everything that is out of place, untidy or lacking harmony back in order. Don't allow things to lie around or dust to accumulate, or one day it will be too late to remedy the situation. Every day, several times a day, you must try to restore order, peace and harmony within yourself.

(MARCH 5, 2000)

Symbolically, the legs and feet represent the physical plane. If you wish to have the ability to distance yourselves from the physical plane, work on your feet by means of thought. When you wash them, for example, get into the habit of touching them consciously, concentrating on the spiritual centres on top and underneath. In Greek mythology the god Hermes always appears with wings on his heels. Hermes symbolizes the initiate who is able to travel through space, because he has discovered the secret of how to develop those spiritual centres on his feet. If we do not know this secret, we cannot free ourselves from the physical plane and will not be permitted to leave our bodies to visit other worlds.

(MARCH 5, 1998)

Sometimes you live moments that are like blessings from heaven. Preciously guard your impressions of these moments, and know that true happiness lies in your constant attention to beautiful things, in your sensitivity to everything divine. When you feel that the spirit, the light has visited you, do not be careless; do not allow these impressions to be erased immediately by thoughts of something else. Reflect on them for a long time so that they penetrate deeply within you. They will thus leave their traces on your soul forever, and these traces will never cease to inspire you. You must make a habit of this: instead of always allowing your negative states, your disappointments and animosities to weigh you down, instead of feeding and reinforcing them, put them aside and concentrate on all the things in your life that are good, pure and luminous.

(MARCH 7, 2004)

The majority of human beings are walking corpses, inwardly, they are cold and unloving, no light or warmth emanates from them, and they think that this is the way to get on in life! How wrong they are, poor things! If they really want to succeed they are going to have to learn to be alive! And the only way to do this is to love. You can practise loving: it is not difficult. Here is an exercise you can do: choose a moment when you are alone, raise your arm with your hand outstretched, and project your love out to the universe, to the stars, Angels and Archangels, saying: 'I love you, I love you, I love you. I want to live in harmony with you!' If you get into the habit of emanating something intense and vibrant in this way, you will become a fountainhead, a sun. Human beings think that they have to hide behind a wooden, sinister expression, devoid of love or kindness. They don't realise how destructive this attitude is. Just because some imbecile made an icy, unreceptive façade fashionable, everyone hastens to imitate him, as though he had found the crowning point, the acme of evolution. No, if you want to be truly alive, if you want your face and eyes to express life, you have to learn to emanate love.

(MARCH 10, 1988)

Be very careful about what you say, for even if you do not really mean any harm, evil entities can use the matter supplied by negative words to make them a reality. You cannot blame them for that. It is up to you not to supply them with the means to do evil.

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There are many countries in which people are in the habit of cursing others: on the slightest pretext they call down curses on their parents, their children, their neighbours and friends. This is a very bad habit, for such words create the perfect conditions for disaster. Take care never to do this. Also, never end a conversation by saying something negative about someone, for there is a law which ensures that what you say will continue to have negative repercussions. If you are obliged to criticize someone you must not end by speaking of his faults, for by virtue of this law your words will wreak havoc in yourself even before they affect him. Be sure to end on a positive note; say, for instance, 'Of course, he does have some good points ...' mention them, and then stop talking!
(MARCH 12, 1995)

We are in the habit of separating the physical plane from the spiritual plane, but the truth is that there is no separation, no division between the two. There is a continuous progression from the physical plane to the etheric plane and beyond this, to the astral, mental, causal, buddhic and atmic planes. This progression takes place through the intermediary of centres and organs on the subtle plane which are, in a sense, extensions of the organs and centres on the physical plane. We can consider these subtle centres (the solar plexus, the hara centre, the aura, the chakras) to be transformers which enable human beings to live harmoniously in the physical and spiritual realms at the same time, because there is a continuous coming and going between them. This is true spiritual alchemy: the continuous transformation of raw matter into fluidic, etheric and spiritual matter, and conversely, the diffusion of this spiritual matter within the physical body, which is then invigorated, animated and regenerated as a result.
(MARCH 19, 2004)

Fasting is a spiritual practice but, because it purifies the body, it also has a beneficial effect on health. When a person habitually eats his fill, the cells of his stomach and all other organs become lazy. Because there is an over-abundance of food, part of it cannot be absorbed, and it stagnates in the tissues where it begins to ferment. During fasting, however, the cells receive only very little food, and they decide to become more economical, wiser and more active in order to cope. Then, fermentation no longer occurs in the organism. Of course, a prolonged fast weakens the organism, but if you know how long to fast, under what conditions, and with what state of consciousness, the benefits for your health are immense.
(MARCH 26, 2004)

All day long people meet and exchange greetings, but they greet each other automatically, without thought or love. Even in families, even couples, kiss and hug – 'Goodbye! Goodbye, darling!' – but they act out of habit; their gestures are empty and meaningless. We need to know how to give something vivifying and uplifting to the people we embrace.

Most human beings still do not know how to embrace another, or when to do so. When a man is upset and unhappy, he takes his wife in his arms for consolation, thus passing his distress and despondency on to her. Men and women communicate continually with each other, but what do these exchanges contain? God only knows – or maybe it is the devil who can judge best! Of course, it is not forbidden to kiss someone, on the contrary; but in order to communicate eternal life to your partner, you need to know how and when to do so.
(MARCH 26, 1998)

The most gifted people in the world are successful only because they have practised several hours a day, every day, often since childhood, in order to develop their talents. Work and work alone brings results, and this is even truer for the spiritual life than for all other realms. Why? Because the spiritual life is inseparable from the whole of existence.

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Consider a musician, for example: even though he is a genius, music does not take up his whole life. He can cultivate his gifts, while at the same time succumbing habitually to uncontrolled passions and leading a chaotic, unbalanced life. The same applies to writers, painters, and so on. It is thus easier to cultivate a gift, whatever it may be, than to tackle our psychic weaknesses and faults. It is because the spiritual life requires constant work, day and night, that there are so few candidates! **(MARCH 27, 2004)**

There is a lesson to be drawn from the way in which a snake sheds its skin. A snake senses that a new skin has formed under the old one, so it searches for a crack or a small hole in the rocks, and works its way in. It must force itself to pass through the 'narrow gate', and this is difficult. But when it comes out of this narrow passage, the snake has a new skin, the old one having been rubbed off. In the same way, each one of us must one day pass through the 'narrow gate' in order to shed our old skin, which means our old ideas, habits and ways of thinking. This moment will come for you as well. Of course, the transition will be difficult, but do not be troubled and do not be afraid. Rejoice in the fact that you will shed your old skin and become a new being with greater understanding, a more generous heart, and a way of living that can only bring blessings to others. **(APRIL 4, 2004)**

Every day disciples must remain awake and vigilant in order to monitor the thoughts feelings which run through them. And this is not so easy. Just observe yourself: there are moments when you are busy cooking, repairing something or driving the car, and on the face of it you are focused on the task at hand. But in reality, part of you is deeply immersed in negative thoughts and feelings, and this may go on for hours without your realizing it. This is where you must learn to become vigilant, so that you are able to intervene at any moment in your inner life. The first step towards freedom, towards true power, is to develop the habit of glancing within to see where you are and to remedy the situation as best you can in the circumstances, by attempting to put positive forces in motion. **(APRIL 5, 2000)**

When you love someone - a woman or a man – try not to rush in and devour him or her, because when all the excitement is over weariness soon sets in and you lose your inspiration and joy. The same thing happens when you have eaten too much and the food no longer interests you. It seems that people are always in a rush to destroy their own happiness and everything which can make their lives more beautiful and meaningful. For a few minutes of pleasure they sacrifice the love that brings them every blessing, that brings them Heaven. Why do they not try to delay the physical manifestations of their love in order to preserve as long as possible this feeling of wonder they are experiencing? But no, they feel an attraction and immediately must satisfy it. This is why, even when they marry and have children, they continue to live together out of habit, to respect convention, to keep up appearances before parents and friends, but inwardly they have long since left each other. It is the subtle feelings that sustain love, that prolong and embellish life. This is the true elixir of immortal life. **(APRIL 6, 2000)**

What can you add to a receptacle that is already full? Nothing. First of all, you must empty it. The same applies to human beings: if they do not empty themselves of their weaknesses and bad habits, how can divine virtues and qualities come and establish themselves within them? This is the meaning of renunciation: to renounce is to empty oneself and abandon certain habits which are prejudicial to oneself and to others, so that something better, something beneficial can be introduced to take their place.

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Those who have understood the meaning of renunciation strive to create this necessary void, so that divine qualities come and live within them. They must stop thinking that they will be unhappy if they give up certain pleasures. On the contrary, these insignificant pleasures will be replaced by others that are far greater, and of better quality. **(APRIL 8, 2003)**

By accepting to die on the cross, Jesus made a sacrifice, and we must meditate on this in order to measure the grandeur of it, and to link ourselves to it through thought. But in the new life which the Christ is now proposing, it is not recommended that we dwell on the suffering of the cross, because the Christ also manifests through beauty, joy and light.

In the new society, it is thoughts of the glory of Christ that must nourish our inner life. God rejoices that we no longer kiss the ground and kneel beside graves, because He has a more glorious future in store for us. And if there are dead to be tended to, it is not those in the cemeteries, but those buried deep inside us: our old habits and our old misconceptions. These are the dead we must seek out and be done with! When we succeed in this, we too will enter into the glory of Christ. **(APRIL 9, 2004)**

The bread and wine of Christian communion are symbols which contain the whole of initiatic science, for this science is based on the two great principles at work throughout the cosmos. The bread symbolizes the masculine principle and the wine the feminine principle. Bread and wine are solar symbols. Above and beyond the bread and wine of the Last Supper we must learn to see the two life-giving properties of the sun: heat and light. The heat of the sun is love and its light is wisdom. This was what Jesus was talking about when he said, '*Whoever eats my flesh and drinks my blood has eternal life.*' In order to be transformed we must eat the body of Christ – his wisdom – and drink his blood – his love. It is important to find the deeper sense of the rites and images of religion. Christians use the host or bread and wine to communicate, but does this make them better people? If they could get into the habit of communicating every day with this sun, the great host that rises before their eyes in to the heavens, and with this wine, the light that flows from it, they could not help being transformed, because the sun is alive.

(APRIL 13, 1995)

Your faults and failings are like imprints, stereotypes printed or recorded on your being, and whatever you do, they are always there, urging you to act in the same, negative ways. You can struggle against them all your life long, therefore, and never be victorious. If you don't know how to fight them, they will always get the better of you. If you want to overcome a weakness you must prepare a different stereotype by adopting a different attitude and acquiring new habits: new thoughts, feelings and gestures. In this way you cut a new recording. This does not mean that your old stereotype has been rubbed out. No, it can never be rubbed out, it is simply covered up by the new one. As long as you are faithful to the new ways, the old pattern will remain buried, but as soon as you start getting careless it will come up to the surface again.

(APRIL 15, 1988)

Like fishes in the sea, human beings can find, in the air, most of the elements they need to ensure the health of their physical and even psychic bodies. Through breathing they have to learn to get all these elements, which exist in the air in an etheric state.

So here again are some good exercises for you. Know that if you learn to breathe you will not need to resort to so many chemical substances that weigh you down or, in the long run, disrupt your system. Get into the habit of breathing while concentrating on the idea that you are drawing from the atmosphere precious elements, which can nourish and heal you. Yes, your body knows

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its needs very well: it contains teams of perfectly competent chemists who know how to extract from the air the substances that are most beneficial to you. **(APRIL 17, 2001)**

Every day we can notice the confrontation of two opposite forces that create alternately within us strength and weakness, joy and sadness, hope and discouragement, moderation and excess. But it is not enough to see these manifestations; we must also be vigilant in order to control the balance of these antagonistic currents.

You are irritated, unhappy, you do not feel well? It is because one of the trays of your inner scales is dangerously tilted to one side. This means you must put some weight on the other tray. What weight? Well, for example, the thought that you are a son or a daughter of God, you have an immortal soul, you have parents, children, friends, etc. You can put so many things on this other tray: thoughts, feelings, words. Try to find some and let yourself be impregnated with them until you feel you have restored balance. You do not know why, but on some days balance restores itself and at other times it requires some efforts. That is why, when you feel something is not going well, get into the habit of reacting immediately to re-establish the balance of your inner scales. **(APRIL 23, 2001)**

When human beings meet, how do they look at each other? What do they see? Generally, they do not go beyond the outer appearance: the clothes, physical body, gestures, and facial expressions. This proves that they do not possess the true science. It is exactly as if, standing in front of a car, they were to see only the bodywork – forgetting that inside there is a driver, a being who thinks, feels, and acts. So, when you meet a man or a woman, make a habit of seeking his or her inner being. Continue to search until you discover a soul and a spirit, because it is here that you will find inexhaustible treasures. Here you will find heaven in all its splendor. **(APRIL 26, 2003)**

There are people who decide to embrace a spiritual teaching because they feel a certain unease, an inner void. Unfortunately, however, wanting to change one's life is not enough; inside is where things need to be changed. But these people's old habits are so deeply incrustated that they refuse to accept the truths of this teaching. Indeed, these truths do not fit in with their beliefs, with what suits them and so they reject them. So, what is the point? If we are not prepared to change anything within ourselves, we may as well stay as where we are. People who want to join an initiatic school must realize that the knowledge that will be imparted to them there is not intended simply to add itself to the theories and opinions they already hold. Otherwise they will be like bottles that are already full and whatever their teacher may do, however much their teacher may want to pour heaven into them, he will not succeed, it will not go in. **(APRIL 27, 2002)**

An initiate is someone who has organized and embellished his inner domain so skilfully that nothing is lacking: poetry, colour, music ... every form of beauty is there, and it is painful to him to have to 'go out' and leave all that beauty behind. Ordinary people on the other hand, never having done anything to make their inner dwelling habitable, ask nothing better than to leave it and look for entertainment outside. As soon as they are alone in the poverty of their inner self they are bored. Think about this for a moment and judge for yourself which situation is the most desirable. How much of the day do you spend in the company of other people? A few minutes or a few hours perhaps? And how much time do you spend with yourself? Every minute, all day and all night. In view of this is it not far more important to improve the state of the place in which

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you spend all your time? Why do you leave it to decay like a shabby old attic with broken windows, cobwebs, in all the corners and mice running all over the floor? **(APRIL 30, 1995)**

You are going to visit friends and you would like to take them some flowers, but it is late, and the shops are closed. Why not concentrate for a few minutes with all your love and imagine the most beautiful and the freshest flowers for them? And you can even add a card with a few kind words. When you arrive they will feel something special, and you will see how joyfully they receive you. But do you prepare yourself to visit your parents or friends in this way? No, before going to them you brood over some grudges you hold against them and plan how you are going to settle certain scores. So, what good can come from your visit?

You must never pay a visit without remembering to bring gifts. Even if you are not an artist and cannot paint pictures, even if you are neither a singer nor a musician and cannot sing or play, inwardly you can always do something. Inwardly, you can do everything: sing, play, and bring the finest gifts. This is true magic. **(MAY 3, 2003)**

Several times a day, wherever you are, make a habit of stopping for a few moments to collect yourself and re-establish contact with your true self. Whether you are at home, at work, or even in the street, remember to do this exercise. You say: 'What? In the street?' Yes, you can easily stop in front of a shop window for a few seconds and there, free of any need to concentrate, to be attentive or focused, you close your eyes and empty your mind. It is then that the soul and the spirit adjust their energies, and you feel calmed and reinforced. Practise it, and you will understand how this exercise, however insignificant it may seem, can help you. **(MAY 5, 2000)**

Now that occult sciences are becoming more widespread, more and more people become interested in black magic, and as a result they begin imagining black magic all around them. When anything a little difficult or painful happens, they conclude they are being subjected to black magic. But who do they think they are? Do they imagine themselves so powerful or so dreadful that the whole world needs to join forces against them? The reality is that they are weak and ignorant. They are in the habit of frequenting the astral plane and indulging sensations and emotions to such an extent that, instead of recognizing that they themselves are responsible for their sufferings, they put the blame on others. Some people have never even thought about black magic, and laugh at the idea, because they do not believe it exists. Of course, they are wrong to ignore its existence, but at least they do not blame others in the face of misfortune. These are dynamic people who, instead of trembling with fear when they are faced with difficulties, react energetically and fearlessly. **(MAY 5, 1999)**

During the meditations get into the habit of concentrating on divine light so as to attract it and introduce it within you: it will gradually replace all the old, soiled and worn-out elements with new particles of the greatest purity. And once you have this light, then you must train yourself to send it out to the whole world in order to help human beings.

Many people believe they are justified in giving way to a life of selfishness and mediocrity, pretexting that they have no special talents or qualities. No, nobody can be justified in doing this. Even if you are the most deprived being, the least gifted in every way, you can do this work with the light. In doing it, you achieve something more important and more useful than anything anyone – even with great abilities in other fields – could ever achieve. Even the most deprived being can acquire this superior state of consciousness: working to attract light and send it to all human brothers. **(MAY 6, 2001)**

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It is important to reflect on the relationship between the physical world and the moral world. Let us take the example of an alcoholic. He was once a cultivated, caring, noble and generous man, full of good qualities. But one day, influenced by friends, he began to drink; little by little he acquired the taste for it, and drinking became indispensable for him. Under the effect of alcohol his good qualities were stifled and even disappeared; he became coarse, egotistical and violent. His moral behavior thus completely deteriorated due to the excess of drink. Another person goes along with friends to the casino: he begins to gamble because he is curious, but gradually the passion of the games takes hold of him until eventually he neglects his duties to his wife and children. At the outset, gambling was simply an activity that had nothing to do with morality – to handle cards is in itself completely harmless, but in the end it is the moral domain that suffers the consequences. Each one of us must therefore analyze ourselves in order to understand what repercussions certain, apparently innocent, habits may one day have on our behavior.

(MAY 7, 2003)

Instead of dwelling on your faults, which are the result of bad habits acquired in previous incarnations, it is better to concern yourself with what you can build for the future. Tell yourself: 'Now I am going to create something new,' and every day, with unwavering faith, with absolute conviction, work towards this end. This means, to take all the elements God has given you – imagination, thought, and feeling – and by means of concentration, project the most beautiful images within yourself. See yourself surrounded by music, by light, by the sun's rays. See yourself in the perfection of form with qualities, gifts and virtues: goodness, generosity, the ability to support others, to help them, to enlighten them. Since everything is recorded, seek to record all that is best, and one day this luminous, perfect creation will outshine all the deficiencies and imperfections of the past.

(MAY 11, 2000)

How many of you have gotten into the habit of taking note of the truths that could help you? While reading books, listening to people talking, you suddenly feel that a certain thought touches you and could bring a solution to your problems. But instead of paying attention to it, you are careless, absent-minded, and you let everything fade away. That is why when the moment comes to face trials, you do not remember that, on several occasions, you have received weapons to overcome them. Well yes, some will hear or read four or five times truths that could save them, but they do not make a note of them, they forget them: it is as if they had never read or heard anything. And they are always struggling with the same problems. To get somewhere in life, one must have a method of work.

(MAY 13, 2001)

Wisdom is gold – gold from the sun. Yes, wisdom, spiritual gold, comes from the sun. With this gold you can buy anything in the world of the soul and spirit, in exactly the same way as physical gold can buy you anything you want on earth. When you enter a boutique in Heaven, if you can show you have spiritual gold in your bank, you will be showered with generous supplies of all you need, and will leave with laden shopping bags.

At sunrise we collect gold, little glittering flakes of gold, thanks to which we can buy anything in Heaven – love, joy, expansion, and abundance. Sometimes people who are ignorant of the supreme importance of earning spiritual gold, and have no idea of the value of watching the sun rise every morning, poke fun at us, calling us 'sun worshipers'. Well, perhaps they have plenty of money in their banks at the moment, but sooner or later they will go bankrupt, in spite of all their millions, because they are unaware of the value of spiritual gold.

(MAY 18, 1999)

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We only achieve that which we have already envisioned and prepared in our minds. This is a matter worthy of deep reflection. The way in which we consider people and things is what counts and what is effective, and we can verify this in every domain of life. For example, if you see the person you share your life with as someone who makes it possible for you to arrange your material affairs, to satisfy your vanity, and to unleash your sensuality and desires for pleasure, you are linking yourself to the lower forces of the astral plane, and you should not be surprised if, one day, you see all your dreams of happiness collapse. On the other hand, if you are in the habit of considering this person as a manifestation of the Divinity, then through him or through her you will become linked to heavenly powers. You will receive great blessings and will be filled with joy. **(MAY 19, 2004)**

When we have very lofty and spiritual aspirations we trigger a reaction from our lower nature, which tries to stir up other forces to counteract our aspirations and force us to abandon them. But when a disciple is vigilant and in the habit of analysing himself these tricks of his lower nature fail to achieve their goal, because while he is working and meditating and building on the spiritual plane he calls on invisible beings who come and watch over him and protect him. The emblem of Freemasonry – the primitive form of which was based on true science – depicts a mason at work with a towel in one hand and a sword in the other. This is the symbol of a disciple: whilst he is working with the towel another being within him, a being symbolized by the sword, is keeping watch and casting rays of light all around so that his enemies cannot slip in under cover of darkness and destroy all his good work. **(MAY 19, 1995)**

Until men and women rediscover the meaning of the sublimation of the sexual force, they will be disappointed with their love experiences. When they feel an attraction, a mutual desire, why do they immediately want to satisfy it? Why do they not try to acquire the control that could make them superior beings? Of course it is difficult, but if they start to get into the habit of mastering themselves, they will gradually be able to use this urge to release within themselves forces of a subtler nature. Thanks to these forces, they will be able to make wonderful discoveries and improve themselves! Yes, improve themselves, for what people feel is a very beneficial impulse, only they must learn how to use it. Therefore, as far as possible, they should be content to marvel at each other while giving thanks to the divine Mother and celestial Father for the energy given to them. They will thus experience states of consciousness of great poetry and elevation, and life will seem so much richer and more beautiful. **(MAY 21, 2001)**

It is the task of a spiritual master to point the attention of his disciples onto their faults, because only then they are able to solve their personal problems. As long as you don't know from where you become attached you are helpless extradited to your enemies. For being able to defend yourself you have to learn who your enemy is, what is hidden behind an error, a bad habit or a wrong concept of things. There exists nothing more fatal than not to know from where your problems, worries and misfortunes come, because you become tired to fire all your cartridges into the sky. One day you have no munitions anymore, but the enemy is not conquered. Therefore, leastwise understand, that your master is your best ally: he teaches you where you find your enemy and how he shows himself. He gives you possibilities at hand to react, so that you will earlier or later be victorious. **(MAY 26, 1995)**

The rich, the famous, the erudite, the highly successful: these are the people you tend to notice and appreciate. And when you meet people who exhibit great moral qualities such as patience, goodness, tolerance, purity, generosity, you fail to appreciate them, or indeed you do not even

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notice them. But when will you understand that it is thanks to these individuals, who do not attract attention or notice, that life is still possible on earth? Whilst the others go to great length to draw attention to themselves and fight to push themselves to the front, they are in the background, modestly continuing their beneficial work. The light, peace and harmony emanating from them purifies the atmosphere and makes the air more easy to breathe for everyone. I am not saying this to encourage you to turn your back on all brilliant and talented people. No, because fortunately some of them also possess great moral qualities. I simply wish to draw your attention to the fact that there are other, simple, good and pure people whom you have as yet not been in the habit of noticing. **(MAY 28, 2002)**

Everything occurring in your life is designed to teach you how to think, how to act, what to rely on, what to concern yourself with. Everything is meant to lead you to an understanding that is far greater, deeper and more authentic. As long as you do not see this, you will suffer. So make a habit of considering the difficulties you encounter as opportunities to improve, to become wiser, and above all to become freer. Then, instead of moaning and feeling miserable, you will thank Heaven and say: 'Lord God, if it had been up to me to find ways to rise to You, it is doubtful I could have succeeded in this incarnation, nor even in the next. My Lord, how good You are, because You want to extricate me from these swampy places in which I am, squelching around. I thank You.' And you tackle all the difficulties which come your way with enthusiasm, so as to understand them in this new light. **(MAY 29, 2000)**

Of all fingers of your hand, the thumb is most closely connected with vitality and the will, and it has often been observed that when people begin to lose these qualities, their thumbs become paralyzed. If you want to keep your will alert and active, make a habit of keeping your thumbs exposed. Never make a fist with your thumb inside. Watch people who hold their thumbs like this; soon they will fall sick or their business will collapse, because their will is faltering. A thumb inside a fist is like a snake hiding its head while it dozes. On the other hand, when the thumb is on the outside, pointing away from the other fingers, it is a sign that those people have gathered all their forces together into one unit, and this prevents any dispersion of energy. **(JUNE 3, 2000)**

Even if people want to embark on the path of spirituality, they remain conditioned by a habit – so widespread these days – of accumulating knowledge, having the desire to be informed of this and that, touching on every subject, being up to date on everything, without ever doing any work on themselves. Of course it is this curiosity that has helped mankind to make gigantic progress in many fields. But it is a very bad method for spiritual life. To do some true spiritual work, people must confine themselves to one philosophy, one system, and go into it more deeply. Otherwise the psychic body will be subject to the same things as the physical body: if we absorb all kinds of disparate food, we will be sick and vomit; in the same way the psychic stomach can have indigestion from all we give it to swallow. So, you have been warned. If you really want to progress in spiritual life, try to be satisfied with one system: it will be like a framework of the edifice of the inner temple you are constructing with the help of new elements you bring in every day. **(JUNE 5, 2001)**

No one asks you to be like some extremely sensitive mediums who scream at a sick person's bedside because they feel his sufferings. No, but you must learn to put yourself in the place of other people. If you get into this habit, in a very short while, you will become really clear-sighted, intuitive and even clairvoyant. Of course, the majority of people prefer to develop clairvoyance

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by making use of crystal balls or absorbing certain drugs. Well, this is not recommended. It is better to leave crystal balls and drugs alone and learn to enter into other people's situation. Believe me, that is true clairvoyance, and it is highly superior to that which is practiced by a lot of people who claim to be clairvoyant. The best way to see and feel the essential is to forget yourself a little and think about others. **(JUNE 10, 2001)**

Cosmic Intelligence constantly sends currents of beneficial, luminous forces through space to work on you and make you a better person. But you need to prepare the right conditions to enable them to visit you. If you are not improving, you are not doing anything to open the door to them. Your weaknesses and impurities are gradually forming a carapace around you, which stops these forces from reaching you. How can you break this carapace? By undertaking a work of purification, in the firm realization that by not giving in to a vice or harmful habit you are inwardly opening a door to the luminous world. Since so many friends from the invisible world want to help you, why stop them? Open up your heart and your soul and say: 'Welcome, luminous spirits, I need you, give me your light.' **(JUNE 11, 2002)**

How often do you meet people who, without being forced by circumstances, decide to work? It is an innate tendency of human beings to avoid effort and to unload their tasks onto others, be they human beings, animals, or machines. Today, of course, with our technical progress, they especially look to machines to do their work. As a result, some of their faculties become dulled, their will in particular. Those who want to become equal to every situation must make a habit of striving. Even if these days we can acquire many things without effort, we must resist succumbing to this climate of ease. Otherwise, what will be the result? We will be outwardly fulfilled, and that is all. Inwardly, we will have nothing; we will be lost. It is their efforts which keep human beings on their feet and full of life. **(JUNE 18, 2003)**

Do not struggle against your sexual energy, because not only will you fail to conquer it, you will be crushed by it. The only way to resolve this problem is to find a powerful ally towards whom you can direct this force, and whose knowledge of alchemy provides you with the means to transform it into light, health and beauty. And who is this ally? It is a high ideal, a sublime idea that you live by, that you cherish and nourish. This idea alone is capable of transforming this energy: not you. Yes, if you experience a sexual impulse and immediately concentrate on your ideal, this energy returns towards the brain to nourish this ideal and several minutes later, you are victorious. Not only have you freed yourself, but you feel reinforced and inspired. If you make a habit of directing all your energies toward a divine ideal, these energies, instead of bringing you down, will serve you and will contribute to making your ideal come true. **(JUNE 24, 2000)**

Human beings are not in the habit of putting themselves into the shoes of others, and this leads to many errors of judgement, and much cruelty and injustice. They do not know another person's circumstances. Which is why, before you start accusing someone, you should try to put yourself in his place for at least five minutes. Then you may realize that, if you were in his position, you would have behaved ten times worse. Do this exercise just a few minutes every day and you will become nobler, more patient, forgiving and gentle. Yes, from now on try, for just a few minutes, to put yourself in the shoes of all the people you dislike and find difficult to put up with. Before long, you will see it is impossible *not* to understand and love them. **(JUNE 27, 1999)**

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When you feel distressed, troubled, understand that this state is like a poisonous substance that has entered your body, and that you must not simply accept it and do nothing about it. Instead of waiting for it to disappear of its own accord, you must set to work on your distress to rid yourself of it or transform it. A true alchemist is he who has developed the habit of considering all the events that happen to him as raw material that he must elaborate. This is how he becomes strong and powerful, whereas those who remain passive, who do nothing, are poor unfortunates who will always be manhandled and down-trodden all their lives. Our instincts, our selfish impulses also represent a material that must not be left in its crude state. We must endeavor to add an element to it that will give it a spiritual dimension. Since matter is nothing but the condensation of energy, it is up to human beings to transform this energy, and as such they enter the field of alchemy. **(JUNE 28, 2002)**

A very rich man should take care that his fortune is not made obvious to his children, because if it is, they will rely on their future inheritance and make no effort to work or learn how to cope on their own. They will become lazy and capricious, and that is the worst upbringing of all. As often as possible, parents must leave their children in ignorance of the riches that may be in store for them. They should speak about it only when their children have learned habits of hard work and self-mastery. Not before. That is how God treats us human beings. The Lord is the supreme educator, the most skilful teacher. To begin with, signs of the wealth that awaits us on high are kept hidden from us. So we work and struggle because we think we are poor and miserable. And when, with much suffering and tears, we at last prove ourselves to be worthy of our celestial inheritance, our Father allows us a sight of all the treasure he has amassed for our delight. **(JULY 2, 1998)**

'Lord, I love Your Wisdom, I have faith in Your Love, I have trust in Your Power'. You say this prayer without really having thought in depth about its meaning. When you say to the Lord: 'I love Your Wisdom', your love meets the Wisdom of God and you draw it within yourself. When you say: 'I believe in Your Love', your faith binds with Divine Love and God loves you because you believe him. When you say: 'I have trust in Your Power', your trust binds with the Power of God, who protects you because of your trust.

In order to attract the Wisdom, the Love and the Power of God, we must work with these three virtues: love, faith and trust, these three virtues are linked to our brain, our lungs and our stomach, and can improve the condition of these organs. If you want to improve the condition of your stomach, you should increase your trust; for your lungs, you should increase your faith; and for your brain, increase your love, because it is through love that we understand wisdom. Our physical health is also determined by our spiritual lives. So, get into the habit of repeating this formula: 'Lord, I love your wisdom, I have faith in your love, I have trust in your power.' Your brain, your lungs and your stomach will then also function better. **(JULY 5, 2000)**

It is important to observe one's own way of walking. One should walk with a light, supple step and hold one's head up. It is a very bad habit to walk bent, with your eyes on the ground or to pound the ground with your heels. People who walk like that do not realize the violence they are doing to their brain. Each step is a shock which echoes through the body. It will not be long before their nervous system is irreparably damaged, and this will influence their behaviour which will show signs of violence and coarseness.

Also, if you are tired after walking for half an hour it means that you have not learned how to walk. Walking does not tire you if you know how to adopt a rhythm that suits you; on the contrary, it will give you energy. If you are tired when you start out you will gradually feel more

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fit. Each individual should try to find the rhythm that does not tire him. If you begin to feel that your vigour is being renewed as you walk it means that you have found the right rhythm for you.

(JULY 8, 1995)

The best way to help people is not by staying with them all the time. If you really want to help others you should get into the habit of going away for a while from time to time. But it is not a matter of leaving them to go just anywhere. If you leave your parents, your friends, it must be to elevate yourself towards God in order to collect riches, which you will then be able to pass on to them on your return. How can a poor, weak, ignorant person help others? They cannot, and if they try anyway, they succeed only in creating trouble and commotion around them. The only way to help people is by going away, from time to time, to your celestial fatherland and returning to pass on the riches you have collected.

(JULY 12, 2002)

It is not enough to want to correct your faults, you have to know how to go about correcting them. If you are forever struggling against your bad habits and inclinations, finding them difficult to shake off, you will end up discouraged and unhappy. So, instead of pondering over your weaknesses and failures, which are the result of bad habits acquired in the past, it is far better to focus on what you must do in the future and tell yourself: 'I shall put everything right, change everything for the better,' and work along those lines every day and with unwavering faith. In other words, take all the elements that God has given you, imagination, thought and feeling, and concentrate on conjuring up within yourself the most beautiful images: seeing yourself surrounded by music, seeing yourself in the light, seeing yourself in the sun, with the most perfect form, with qualities, talents and virtues – goodness, generosity, the ability to support others, help and enlighten them. Since everything is recorded, get into the habit of recording all that is best. Once you start on this work it will provide you with an infinite source of inspiration because you will be building the temple of the Divine within you.

(JULY 16, 1999)

Many people think that they are going to make a success of their lives, but the poor things do not realize that their cold, loveless emanations, lacking all warmth and light, prevent them from achieving any good results. To achieve the success they wish for, they first need to become alive and to do this they must learn to love, and for this they need to exercise. How?

Here is a very easy way. Choose a moment when you are unobserved, raise your hand and project all your love towards earth, to Heaven, to the angels, to God himself and say 'I love you, I love you, I love you, I want to be in harmony with you.' In this way you get in the habit of sending out vibrant, intense emanations, just like a spring, like the sun. People nearly always try to take refuge behind a grim face, expressing neither love nor goodness, not realizing the pernicious effect this attitude can have, both on themselves and on all around them. They must learn to express love, so that their faces, their appearance – their very presence – emanates life.

(JULY 20, 1998)

Learn to sing together in harmony, aware of the work you are doing on yourselves, and also on the whole world. The harmony you are creating is spreading gradually outwards, and eventually every creature throughout space will receive this beneficial influence. Do you imagine that your habit of working alone, your introverted concentration – a philosophy of separativity – is creating a whole choir? No! You are singing a solo. A choir is formed of several people. Of course, it is essential to work on oneself, but this is not enough: such work must be done for the good of the collectivity, because the collectivity must be formed of individuals who have worked to develop themselves correctly. The desire to reach self-perfection alone is egotistical: it must be

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combined with the desire to help the collectivity to progress as well. This new philosophy does not spurn the old way of concentrating on individual self-perfection: rather, the emphasis must now be placed on using this always for the good of the whole. This is what we learn when we sing together in a choir. **(JULY 23, 1998)**

Human beings are imperfect, and it should not surprise them when these imperfections complicate their relationships. When men and women meet and marry, misunderstandings often begin right away. It is inevitable. But instead of separating immediately, it is best if they try first of all to surmount their problems, saying to themselves: 'There must be a reason why fate brought us together, since chance doesn't exist. I must therefore work hard to accept him (or her) for this incarnation, in order to learn and to improve myself.' There are cases in which it is better to leave a person with whom you do not get along, but not before making every effort to save the situation, all the while conducting yourself with patience and generosity. Otherwise divine justice will confront you once again with the same problems. Whether it is in this incarnation or in the next, you will not escape. Human beings are not in the habit of reasoning in this way, because they have not been instructed about reincarnation and the law of cause and effect. Well, they must take great care to inform themselves, and their lives will then take on meaning. **(JULY 25, 2003)**

Get into the habit of watching the stars ... On a warm summer night when the sky is clear, step out of your house and if you can, go lie down on the ground in a quiet place; let yourself be impregnated by this peace that softly comes down from the star-studded sky. Speak to each star and, as a living and intelligent soul, each star will say some words back to you. Try to find one with which you feel a special affinity, make friends with it, imagine that you are going toward it or that it comes toward you ... The stars are highly advanced souls. By listening to their voice, you will find the solution to numerous problems, and you will feel not only calmed but also enlightened. **(JULY 30, 2001)**

We see this all too often: people are not worried about fraternizing with all the devils of hell, but they have the greatest fear of the spirit, of the higher states of consciousness; they flee them. Why? Because deep down they feel they still need to give in to their whims, their desires, to live a lower life and instinctively they are frightened of this light that will show them their weaknesses, bring them regrets each time they become aware they have done wrong. Those who fear the light of the spirit do not quite know why. They give all kinds of dishonest reasons, such as the fact that spirituality disturbs people, pushes them to neglect social life and, of course, you understand that they are magnificent people. Well, no, not at all! The truth is that they refuse to give up their old habits and they flee the light because they sense light is the worst enemy of their lower nature. **(JULY 31, 2000)**

In order to keep the sacred inner fire alight, you must feed it pieces of your lower nature every day. Yes, because it is the lower nature, the personality, that is predestined to feed the fire of the spirit. Stop questioning the use of your lower nature and wondering how you can rid yourself of it: without it, not only would survival on earth be impossible, but you would have nothing with which to feed your spirit.

Know that a magical law exists, according to which results on the divine plane can only be obtained if you sacrifice something of your personality. And if you go and find an initiate, a magus, or a great master to ask him to cure you, a member of your family, or a friend, or ensure the success of some enterprise, or another such request, he will tell you that the only possible

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way to do so is to renounce certain weaknesses and harmful habits. When you abstain from indulging in mediocre pleasures, an energy is released, which feeds your ability to realize all the good you desire, both for yourselves and for others. **(AUGUST 2, 1999)**

Always make big efforts to preserve your link with the divine source. Wherever you are – on the street, in meetings, in the dentist's waiting room – whether you are reading, singing, eating, working – link yourself for a few seconds to the source, to the sun of the universe, and then carry on with what you were doing. Nothing is more precious than this habit. You may say that you do this, but without great results. Do not ask for noticeable results; only ask to be able to make this connection, because the very fact that you have linked with the source brings you such happiness and well-being that you need nothing more. Immediately you become rich, strong, powerful and invulnerable. So, to gain peace, light and plenitude, do this exercise. **(AUGUST 15, 1998)**

Those who decide to follow a spiritual teaching, sensing that it is their path, have to change many things in their thinking and way of life. It is not always easy for them, and especially since they are not alone: they have family, friends, neighbours and colleagues who may not accept this change, since it may disrupt their routines as well. So what are we to do? When you find yourself in such a situation, which sooner or later you will not be able to avoid, do not cause others unnecessary suffering, and above all do not abandon them. See to it that this new life which you find so good for you is also good for them. **(AUGUST 16, 2004)**

The quest for the summit is long and difficult but it alone is worthwhile, for the source of all good is there at the summit. By focusing on the highest point you are obliged to forge ahead, to keep advancing. The only thing you ask for is to reach the summit: God. And in achieving the summit you achieve everything: light, beauty, health, knowledge, wealth, love, happiness ... everything! Of course the opaque matter in which you are enveloped makes it impossible to sense any great change immediately. But as time goes on and you continue your efforts the path opens up before you, a bridge is gradually built up between you and the heavenly realms, and one day you will find that you need to concentrate on them for only a few minutes in order to feel total fulfilment. No other spiritual practise is more effective than that of concentration on the image of the summit. **(AUGUST 19, 1995)**

Get into the habit of talking to the flowers, the birds, the trees, the animals and people with love, because it is a divine habit. People who can say words that warm, inspire and light up the sacred fire, use the magic wand in their mouths.

Always be attentive to your thoughts and words, because in nature one of the four elements – earth, water, air or fire – is always there, waiting for the opportunity to create matter from everything you think and say. This is an infallible law, although it often has consequences far removed from the person who first gave nature the seeds. Just as the wind sweeps up seeds and sows them far away, so your thoughts and words fly away and end up somewhere in space producing results, either good or bad. **(AUGUST 21, 1999)**

The spiritual practice that surpasses all others is that of focusing all one's powers on the summit, the Godhead. I know that Christians are not often taught to address their prayers to the supreme Being, they are more inclined to pray to saints and prophets, and dare go no further. Of course, it is excellent to communicate with the saints, apostles and martyrs, but it is better, far better to go directly to the summit, for only on the highest level can real powers be set in motion. When

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you reach the summit a decree is issued in answer to your prayers, and he who carries out this decree may be an initiate, a saint or a prophet; but it may also be one of your own friends and acquaintances or even an animal or a bird. Yes, your prayers can be answered through animals, nature spirits or the four elements. But you must begin by rising to a level from which you can address the Lord Himself, and the Lord's answer will be passed down to you through a whole hierarchy of beings. **(AUGUST 27, 1995)**

If you keep a handkerchief in a scented box you will find, when you take it out, that it too will be scented. Well, that is exactly what happens to our thoughts: they are impregnated with the 'scent' of the things we constantly think about. If you think of things that stink like a sewer or a heap of manure you need not be surprised to find that your own emanations smell just as foul. No, I am not joking; you must know the laws and learn to apply them. Be careful about what you read and the films and shows you watch, for all these things have their effect on you. Concentrate on the most profound and most instructive topics; even if you don't fully understand them yet, their effect will still be marvellous, because there is a being within you who knows and understands everything and who will, one day, bring you to understand all the things that are still too difficult for you. **(SEPTEMBER 3, 1988)**

Many people who have tried to transform their lives are discouraged because they still have the same failings. The fact of the matter is that the only way to overcome one's weaknesses is to exchange one's bad habits for good ones, to replace one's old stereotypes by new and better ones. But in order to do this successfully one has to be extremely vigilant. If you are not vigilant you will forget, and when you forget the old habit, the old stereotype pops up and manifests itself with great fidelity.

We read in the Gospels, *'Be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour'*. Herein lies the secret of success in changing oneself: vigilance. Henceforth, therefore, you must practise and learn to make new, different gestures, speak different words and look at things in a new light, so that the stereotypes of the New Life that is coming into this world from the heavenly regions, may be deeply etched into your being. If you practise these new habits regularly you will transform yourself. **(SEPTEMBER 3, 1987)**

Before undertaking any task make sure you are calm and if it is a manual task, concentrate on the first movement and make that movement slowly and make it correctly. Then repeat that same movement a little faster and repeat it again and again until you have reached the required speed: you will see that the task will seem easier and easier, and at the same time be impeccably executed. This is the way you will be able to perform perfectly whatever task you are faced with.

If you make a mistake in any field today, it is because in the past, without realizing it, you had already laid the groundwork for this mistake. The first time you made some movement or made contact with some object or person, you did it without care, without attaching importance to what you were doing and now you are suffering the consequences. Mistakes accumulate and worsen as time goes by. Mistakes engraved upon us in the past are very difficult to make good in the present, but it is easy to engrave correct, new habits. **(SEPTEMBER 7, 1999)**

Men and women are in the habit of declaring their love without realizing that such behavior is intertwined with an element of self-interest, of selfishness. They do everything they can to attract, win over and make a captive of the person whom they are addressing, writing or

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declaiming as poetically as possible with carefully chosen gestures, words and intonation – and the charmed, touched and delighted addressee ends up being won over.

When love has to be expressed, its purpose is to win over the loved one whilst at the same time preventing another from taking this person away. It is therefore selfishness and lack of faith in the power of love that guides human beings. Since they do not have the true love that works wonders, they rush to express their love by crude means, speaking, writing or gesturing, in order to imprison the person they love. And if they claim that it is the power of their feelings that makes them act in this way, it is really their weakness, passion and sensuality they are emphasizing even more strongly. A true master does not express his love: There is no need, because you can feel his love – it radiates. **(OCTOBER 4, 1999)**

Get rid of this deplorable habit of taking, always taking ... make some effort to think about giving. At least try to look at others with love, try to smile at them and extract from your heart a few beneficial particles to send to them. Then it is you who will feel rich and happy. People are always afraid to lose something, to become poorer; they do not understand that it is this narrow-minded attitude that impoverishes them. To grow richer, we must give. Yes, taking leads to impoverishment and giving leads to enrichment, because we trigger within ourselves unknown forces that lay dormant and were stagnating somewhere deep inside. As soon as we project them, they start to emerge and circulate, and we then feel so enriched that we are amazed and say, 'But how can it be? I gave and gave, and I am richer?' Well, these are the mysteries of love. **(SEPTEMBER 8, 2001)**

More often than not, it is parents who encourage their children's bad habits, in an attempt to prevent them from suffering. The moment they see their children struggling a bit to do what is demanded of them, they become upset and intervene to spare them the effort. In reality, children are so resourceful, so resilient that they forget these little hardships very quickly; what will stay with them is the significance of effort, which will help to form their character. This is what parents must be concerned about. On the contrary, if they are always watching their children, always anxious about them, saying: 'Oh, the poor thing! He mustn't be forced, he shouldn't have to suffer', in order to protect them from a few minor difficulties, they will make them lazy, weak, egotistical, and capricious. If they truly love their children, if they care about their successful evolution, they must let them struggle a little - I repeat: a little - and suffer with them if necessary, knowing that true education means helping children to understand the importance of effort. **(SEPTEMBER 9, 2003)**

Get into the habit of being grateful. Yes, give thanks every minute and whatever comes: amidst difficulties, sorrow, suffering, do not stop giving thanks. In this way you neutralize poisons produced within you by these negative states and you heal wounds, for no inner wound can resist a touch of gratitude. Therefore give thanks until you feel that everything coming your way is for your own good. Right now say. 'Thank you Lord, Thank you Lord ...' Be thankful for everything you have, but also for what you are lacking, for what pleases you and also for what makes you suffer. You will thus keep the flame of life alive within you. I can hear you thinking, 'That's all there is to it?' Yes, that is all there to it, but practice this method and you will see the results. **(SEPTEMBER 11, 2001)**

This habit people have got into offloading all their troubles on to others as soon as they feel sad or unhappy is proof of great weakness. How many of you, at the slightest worry, the slightest mishap, rush off to see your parents, your friends, your neighbors or pick up the phone to talk

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about your misfortune. And in doing so you have poisoned twenty people or more. Have you ever asked yourself whether others are really there to take on all your burdens? If you really want to evolve, stop this habit and learn not to overload others any more. When you have worries or sorrows, try to see how you can neutralize these states. Say to yourself: 'Let me see, what can I do to become stronger, more dignified, to behave like a true child of God on whom Heaven can count to do its work.?' If you are not prepared to make an effort, if you want to remain weak, then stick to your old habits, but then be prepared for the consequences. Be aware, however, that here you are being shown the right path to becoming strong and luminous.
(SEPTEMBER 11, 2000)

Like most people, you need to be appreciated, valued. That is quite normal and it is no bad thing. In the interest of your own development, however, it would be better to rid yourself of this need. Consider this for a moment: so long as you maintain this need, you are vulnerable. You are offended by the merest trine, because you feel you have not been treated with the respect you think you deserve. Why all this fuss? You are a son, a daughter of God, is that not enough? No, you fret, you torment yourself because human beings – often very ordinary people – do not show you their respect. But you are wasting your time, because human beings do not care two hoots about your hurt pride. So long as you need the appreciation of others you will not be able to progress. Do not be so concerned about yourself all the time, forget about yourself a little and you will be amazed how free you will feel.
(SEPTEMBER 16, 2002)

Get into the habit of observing and listening to the life in nature: to stones, plants, animals, but also to the four elements – earth, water, air, fire – and the different forms in which they appear: rocks, sand, rain, snow, wind, clouds, sun, stars ... There are so many things to study and interpret! Just look at the shape, colors and movements of the clouds: sometimes they appear like cavalcades, battles, feasts ... It is the spirit of the air at work. There is quite a life up above, which expresses itself through a vast number of shapes: faces, birds, flocks of sheep, landscapes ... There are even writings that we still do not know how to decipher. But it does not matter, the essential is to let oneself be impregnated consciously by all these images and feel imbued with the life in nature.
(SEPTEMBER 16, 2001)

What a mistake is to think that by giving in to temptation you are satisfying yourself. Well no, not at all. You are working for others. Unfortunately, you will realize it too late. When you feel impoverished, weakened, empty, then you will understand that you have worked for others your entire life, not for yourself, in other words for that part of you that constantly needs to be enriched, enlarged and developed. And who are these 'others'? Dark entities from the astral plane, who feed on the unhealthy effluvia produced by the errors and crimes of human beings and wear them out. Other creatures exist in the invisible world, however, luminous creatures, whom you can feed whilst still continuing to strengthen yourself and develop, because with every effort you make to satisfy them you are building up your spiritual patrimony.
(SEPTEMBER 19, 2002)

Never forget that a human being is made up of a twofold nature, a higher and a lower. So, in your relationships with people around you, you must be vigilant so as to know which of the two natures you are speaking to. Depending on the circumstances, you release completely different energies, of which you will be the beneficiary or the victim. Suppose you suspect and calumniate someone: Well, whether you are conscious of it or not, you link yourself to the lower nature of that person, you receive his influence and consequently

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begin to show exactly the same faults and weaknesses you have stressed in him. Why? Because, while constantly concentrating on these negative expressions, you opened a door and picked up all those bad currents, delaying in his way your evolution. If you fill your mind with the vices and crimes of human beings, you attract dark entities that are within them. So do not be surprised if one day you feel as if your privacy were invaded, besieged: It is you who, by the law of affinity, have put yourself in this miserable state. **(SEPTEMBER 20, 2001)**

Many people carry within themselves so many negative elements which paralyze them and the result is that they are unable to show an open, welcoming face, even if they try: impossible to make their facial muscles move, to bring life to their expression, everything remain fixed. And if they smile, all you see is a grimace. Proof they have spent all their lives stagnating in the lower regions of the will, the heart and the intellect, without even an element of the soul and the spirit ever coming near to them.

The Gospels say that only children will enter the Kingdom of God. Why? Because children laugh and smile; they are alive. This is why you must heed the expressions of your face. If you arrive before the door of Paradise with a stony face, you will be told: 'No, you can't come in with a face like that. Here we only allow children's faces.' Yes, indeed, there are beings by the doors up above who look at your expression and if you have a forbidding look on your face, they will say: 'Go on, away with you! We don't want you here.' You do not believe it? Well, go and find out. **(SEPTEMBER 20, 2000)**

Get into the habit of meditating on the symbol of the scales. When you feel cross and irritable or unhappy, it means that one pan of your inner scales is much lower than the other, so you must even it up by putting a weight on the other pan. But what can you use as a weight? The thought that you are a child of God, that you follow the Teaching of the Universal White Brotherhood, that you have a lot of friends... there are hundreds of things that can be put into the balance! Think about these things and, once again, you will find that life is good. Some people do this unconsciously. When a woman loses her husband and is left with only her children, the thought of her children tips the scales in the right direction. Yes, a baby can weigh very heavily in the balance. So, get into the habit of remembering all the reasons you have to be happy and put them on your inner scales to counterbalance your cares and sorrows. **(SEPTEMBER 24, 1988)**

Be it in the physical, moral or intellectual plane, all human beings arrive on earth with shortcomings, disabilities even. These shortcomings and disabilities may vary in severity, but they always have the same cause, which is that in their previous lives, these human beings have led unreasonable existences. All their mistakes have accumulated, condensed, solidified like growths and now they are faced with matter that resists. So, what can be done? Well, they can use the process in reverse, in other words make these growth dissolve by subjecting them to the fire of the spirit in order to create something altogether purer and more harmonious.

If you want to transform, remodel your temperament, your tendencies, your habits, your heredity even, you must call upon the celestial fire. Once you have attracted this fire within you, you will maintain it so that it dissolves your matter and they by using your thought you will work relentlessly to make new creations within you. **(SEPTEMBER 27, 2002)**

Eating is a process by which we introduce into our body elements that will contribute to the building not only of our physical, but also of our subtle bodies. It is thus particularly important that this act – which we repeat every day, several times a day – be accomplished in a peaceful and harmonious state. That is why I always stress the importance of meditating a few minutes

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before meals. I know that it is not a very widespread habit; most people do not even say a prayer: They instantly go at the food and wolf it down while talking, squabbling, shoving the utensils around ... That is why they obtain no great benefits from food: They absorb only its crude elements. To be able to absorb the subtle elements of food, the etheric elements that contribute also to the nourishment of our thoughts and feelings, we must be prepared to eat in a harmonious and meditative state. **(SEPTEMBER 27, 2001)**

It is only normal to be troubled and badgered by problems in life, but it should always be possible, in spite of that, to maintain or restore the divine state of mind of the higher consciousness. It is simply a question of acquiring a habit, of obtaining this great light which enables us to live in a constant state of awareness and attention to the divine world; which enables us consciously to accomplish every little gesture of our daily lives with our minds fixed on Heaven.

If you get into the habit of maintaining this attitude throughout the day, you will find that nothing disturbs you for very long. There will be events that upset you, of course: some bad news, an illness or an accident, but if you are in the habit of living in this blessed frame of mind, you will overcome your difficulties much more easily, for God has given omnipotence only to the spirit.

(SEPTEMBER 28, 1987)

The salvation of man lies in his capacity to concentrate on the Divine World. This capacity will allow him to walk forever peacefully on his path. Suppose you are alone and a dark atmosphere surrounds you, preventing you from seeing anything, either your friends or celestial entities. What will come to save you? Your capacity to concentrate on the Divine World. This capacity still remains after death, for it does not come from the brain – it only expresses itself through the brain – it is the spirit that possesses it. When we leave our physical body, this capacity keeps on living in the spirit. It is the spirit that thinks, feels and acts, and it does so through the matter of our physical body. But when the spirit frees itself from the body, do not imagine that man cannot think or feel or act anymore. On the contrary, it is then that his mind really becomes powerful, and if he has gotten into the habit of concentrating on the Divine World while on earth, to think about the Lord or the light will suffice to dissipate confusion and darkness. **(OCTOBER 1, 2001)**

Moderation is not the most wide-spread of virtues among human beings and because they have no sense of moderation, what should do them good ends up being bad for them. Instead, for instance, of taking just enough from a pleasure, a success or a joy to give them a boost, they throw themselves at it to devour the lot and then become ill. Like the man who was being invited to dinner by a friend: 'Well, let me see,' he said, 'on Monday I'm going to dinner with so and so, Tuesday I'll be in bed. On Wednesday I've been invited by so and so, so Thursday I'll in bed. Friday, yes, I can make Friday.' At least he knew himself! Whether it is food, drink, pleasure or happy events, human beings always tend to exceed moderation. Why can they not show some moderation? Even a poison can be beneficial if it is taken in homeopathic doses. But human beings do not understand homeopathy beyond remedies. They do not realize that in psychic life there are homeopathic doses and allopathic doses, and that homeopathic doses are the most beneficial. **(OCTOBER 3, 2002)**

Every human being has qualities and virtues that are waiting to manifest. That is why, rather than focusing on the faults of this disciples, a master seeks to bring out all their divine capacities. That is how I work on you and that is also how you should work, by fostering sacred thoughts for each other. By fostering these sacred thoughts you are no longer waylaid by any

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less glorious details, so you can concentrate on the divine principle in these beings. You are then doing a good work on your personal evolution, and are also helping others, whereas if you focus on their faults, you harm not only yourself – because you are, as it were, feeding yourself on impurities – but you also hamper others in their personal growth. It is a common mistake to think that you can help others to improve by stressing their faults. The truth is the exact opposite, however: you can only help others by focusing on their divine nature.

(OCTOBER 3, 1999)

Human beings tend to think of freedom as emancipation. But emancipation from whom or what? In fact, human beings are free only when they succeed in vibrating in harmony with the cosmic spirit. Why? Because only the cosmic spirit, the Lord, is absolutely free. It is only insofar as human beings merge with Him that they too become truly free, free to enjoy the freedom of the Lord. And as soon as they distance themselves from the Lord, cut themselves off from Him, they lose their freedom. They may think themselves free, but in reality they are enslaved, enslaved by other forces and other wishes, by harmful influences that direct them without their realizing it.

We must therefore implore the Lord not to let us be free, but to take us into His service. Because the freedom of God infuses the heart of those who want to be His servant. And then, almost without their knowledge, they are driven to act in an enlightened, righteous and noble way because the powers that inspire them are divine powers.

(OCTOBER 4, 2002)

Men and women are in the habit of declaring their love without realizing that such behavior is intertwined with an element of self-interest, of selfishness. They do everything they can to attract, win over and make a captive of the person whom they are addressing, writing or declaiming as poetically as possible with carefully chosen gestures, words and intonation – and the charmed, touched and delighted addressee ends up being won over.

When love has to be expressed, its purpose is to win over the loved one whilst at the same time preventing another from taking this person away. It is therefore selfishness and lack of faith in the power of love that guides human beings. Since they do not have the true love that works wonders, they rush to express their love by crude means, speaking, writing or gesturing, in order to imprison the person they love. And if they claim that it is the power of their feelings that makes them act in this way, it is really their weakness, passion and sensuality they are emphasizing even more strongly. A true master does not express his love: There is no need, because you can feel his love – it radiates.

(OCTOBER 4, 1999)

Of course, human beings are not perfect and it would be silly to think otherwise, but ceaseless criticism is not a good way of getting them to improve.

The question is, are you trying to help or merely giving vent to irritation and exasperation? Helping people needs real educational skill and this means appealing to all that is best in them by letting them know that you recognize their good qualities (and everybody has at least one!). In this way, their self-esteem will improve, they will try not to let you down and thus your desire to help will have succeeded. Do not delude yourselves that you can help people by continually stressing their imperfections or inadequacies, by telling them they are lying, incompetent or dishonest, because they will stop even trying to improve. After all, why should they make an effort, since you have already formed such a bad opinion of them?

(OCTOBER 5, 1998)

At mealtimes, when you want to move something on the table or cut up your food, practise doing so without making a sound. This will help you to develop qualities of attention, precision and foresight which will be useful to you all your life long. If you never achieve control of your

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gestures in little things like this you will be a bungler for the rest of your life. You will continually make mistakes, bump into people and things, and make tactless remarks that will cost you friends and close the doors of opportunity to you. Take advantage of meals, therefore, to learn to be attentive and control your gestures, for in this way you will develop faculties that will enable you to handle every situation. **(OCTOBER 5, 1995)**

Learn to be thankful, because appreciation and gratitude are strengths which detoxify the organism, neutralize poisons, renew materials. So, every day say: 'Thank you, thank you, thank you, thank you, thank you,' several times a day.

Human beings are ungrateful creatures. They are ungrateful towards the Creator, ungrateful towards the whole of Nature, ungrateful towards each other and what is worse, they find their attitude completely normal. All they remember about their lives day to day are the bad things, so is there really anything to be thankful for? Well yes, there is, and quite a lot at that. There are lots of reasons to be thankful. And disciples who want to progress along the path of evolution must learn gratitude, because it is gratitude that will one day allow them to find the key to the transformation of matter, their own matter. Try to understand this fully. Of course your efforts may well not change anything about your physical appearance, but the nature of the elements entering the make-up of your matter will be different. It will be more sensitive, more subtle, more resistant and you will feel all your physical and psychic organs functioning better.

(OCTOBER 6, 2000)

All day every day people meet and greet one another, but they greet one another mechanically, distant and indifferent – even within families and between couples. For instance, husband and wife kiss one another goodbye: 'Bye darling ... see you later honey!' But their kiss is empty. They kiss out of habit. Such kisses are not worth anything. You need to be able to give something to the person you kiss in order to invigorate and revive your loved one. Human beings still do not know what it is to kiss or how and when they should kiss. A husband will seek comfort by hugging and kissing his wife when he is sad or unhappy, and in doing so he passes on his sadness and dejection to his wife. Men and women continually make exchanges, but what do these exchanges consist of? Only God knows or rather the devils knows. It is not forbidden to kiss someone, on the contrary, but you must know how and when to kiss in order to impart eternal life. **(OCTOBER 7, 1999)**

Instead of continually criticizing others for their imperfections you would do better to concentrate on perfecting yourself. When your friends and relations see that you are changing they will be obliged to change themselves as well, for your efforts to improve yourself are contagious and magical. When others sense what you are doing they will feel impelled to do the same. It is not so easy to change human beings. Do you really believe that you are going to succeed when even God has not succeeded? No, you would do far better to stop trying to change others and concentrate on changing yourself. Once others sense that you are wiser, stronger, more generous and fraternal, they too will begin to change. Why spend your time bemoaning the imperfections of mankind? Forget about them and think about yourself. In this way you will have less to worry and fret about, and by seeking your own perfection you will be accelerating your evolution. **(OCTOBER 7, 1995)**

Many people take extraordinary pleasure in talking about the most negative and least pleasant details of their lives and are then surprised when their friends avoid or abandon them. What a ludicrous way of live! It is best if you hide this kind of information. Be aware that others cannot

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really help you resolve your problems: They have their own, which they find difficult enough to solve. So why burden them with yours? Not only are you wasting your time by needlessly telling them your business, but you actually lower their esteem for you and eventually they no longer value you: They come to realize that you have no wisdom or self-control and they drop you. If you do not want to lose your friends, hide your troubles from them, tell them nothing, do not complain. Learn instead to form a bond with all the celestial powers, with all the luminous entities that are there ready to help you. **(OCTOBER 11, 1999)**

You cannot claim to understand things correctly as long as you are content to accept the ideas of a spiritual teaching without making an effort to put them into practice. If your thoughts are really good and right you will feel the need to bring your actions into line with them. If this is not the case it means that you are not really very convinced. Do not delude yourself: as long as your actions do not express your knowledge, it means that your knowledge is incomplete. It does great harm to let human beings believe that there is nothing reprehensible in not making their actions conform to their thoughts. This is why a genuine initiatic teaching deals with every aspect of a human being and all the corresponding activities. Initiation concerns the whole being, not only his psychic activities but also his physical activities, his eating, sleeping, washing, walking and working ... **(OCTOBER 11, 1995)**

People tend to think any dissatisfaction they feel can be remedied at a physical level. They act as if this dissatisfaction came from the physical body and so they give their physical body something to eat, something to drink, to smoke, they walk it about and they lavish all kinds of pleasures upon it. But their physical body is full-up, saturated, it is suffocating and is complaining: 'Stop, you'll be the death for me. And it's no good gorging me like this, it won't make you feel any better.' But people do not understand the language their body talks, and they stubbornly continue, telling themselves that perhaps this time they did not find what they were looking for, but maybe next time they will. Unfortunately the next time is no different; all they find is a void. But still they carry on.

In reality the physical body needs very little. The complaints we hear within us come from our soul and our spirit, who never stop begging: 'I need purity, light, space. I need to watch the sun. I need to unite with God, to work for the advent of His Kingdom so that peace may reign one day among human beings.' These are the voices we must try to hear within us and we must listen to their demands so that we may satisfy them. **(OCTOBER 12, 2000)**

Instead of making an effort to improve themselves, people prefer to submit to their lower nature. They accept to be at the service of their weaknesses, desires and caprices. They do not even try to identify the origin of their thoughts, feelings and desires; they just feel some impulsion stirring within them and they give in at once. But as soon as they have given it the opportunity to express and satisfy itself, they are amazed to feel weakened, unhappy and bound hand and foot.

In reality, if we want to become powerful, happy and above all, free, we must learn to submit to divine laws. Yes, contrary to what most people think, it is when we obey laws, not when we oppose them, that we become powerful, happy and truly free. **(OCTOBER 13, 2001)**

Everything in today's culture revolves around the needs of the physical body. But such single-minded concern with the physical body is very dangerous, for the body is vulnerable and perishable, and to base a culture on something that is destined to disappear so rapidly has a disastrous effect on all that men do. Their mental processes as well as their actions will

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necessarily be as flawed as the philosophy they are based on. Whereas if men would only strive to satisfy the needs of the soul and the spirit, all they do would bear the mark of light and immortality, and we would see the coming of the kingdom of God on earth, for the soul and spirit are not bound by the laws of time and pace. If there is so little nobility and greatness of soul in the way human beings behave today it is because the demands of the physical body are paramount in their minds. They must free themselves from this tyranny of the physical body and place the soul and the spirit at the centre of their philosophy. **(OCTOBER 13, 1995)**

Human beings have got into the habit of busying their intellect to such a disorganized way that they are no longer in control of their thoughts. And it is this utterly disorganized, cacophonous thinking that prevents them from elevating themselves beyond the astral and mental planes and sense Heaven.

If we want to taste the realities of the spiritual world we must learn to stop our thought process. The wise men of India claimed that the intellect is the assassin of reality. And this is true: Our intellect allows us to obtain a great deal of information superficially, but we will never get to know the reality, the quintessence. It is the heart which has been granted the capacity to penetrate reality. However, to initiate the heart is not the physical heart, nor even feeling. When they speak of 'the intelligence of the heart', what they actually mean is the soul, and it is the soul alone that has the capacity to feel the deep reality of things. **(OCTOBER 15, 1999)**

Only the love of beauty can lead you far along the path of evolution, but this must be love for a spiritual, divine beauty, which is not only pure, but also harmonious and intelligent. Yes, it is important to understand that the love of beauty protects you from slipshod, vulgar habits and from everything which may soil your heart and soul. It acts like a protective garment. Think about this: If you are wearing a magnificent new dress, are you likely to tackle the washing-up or the housework? Of course not, because you know that you would get dirty. But if you are wearing old clothes that are already grimy, you take pleasure in making them even worse! So, why not draw the same conclusions for your inner life? Suppose that you are wearing a magnificent inner dress, a pure and luminous aura, which is your true garment; you do not dare to soil it and thus it will protect you. This is how the love of beauty can be your redemption. **(OCTOBER 16, 1998)**

Suppose you are out walking in the street or you have just begun work, and you realize that you were upset and agitated when you started. As soon as you recognize this, stop whatever you are doing, otherwise your agitation will continue indefinitely. Interrupt your walk or your work for just a few seconds, therefore, concentrate and switch to a different rhythm, and then begin again. This new state of mind will replace the other and it, in turn, will last a long time.

Why does someone who is angry threat things roughly, slam doors and kick the furniture? Because he is trying to get rid of that force which he is incapable of controlling. But the more he flings himself about the more he feels the urge to go on doing so. He should do just the opposite and keep perfectly still for a moment and then, when he has calmed down, he can go on with his work in better conditions. **(OCTOBER 20, 1987)**

Because there are so many machines, instruments and products that do everything for human beings and make their lives effortless, our contemporaries are sinking deeper and deeper into laziness, both physical and mental. How much activity, how many exercises of endurance or will power have they given up since the invention of cars, elevators, washing machines, calculators, computers – and medicines! Of course, I approve of all this progress, but only on one condition; that human beings do not forget the importance of effort. If they are to develop correctly, they

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must not cease certain physical activities, and especially mental and psychic activities. No matter what domain, we can never develop ourselves harmoniously if we surrender to inertia and laziness. **(OCTOBER 21, 2004)**

When two people begin to discuss something, what do they do? They do not listen to each other; they talk at the same time and in the end clash with each other. Yes, they are both so full of themselves that neither one of them wants to listen to the other; they are so frustrated with each other that finally, unable to control themselves, they begin to fight. Truly, people are neither psychologists, nor are they even intelligent; if they were, they would know from the start that they will never find solutions with such an attitude. But do they really wish to find one? An intelligent person begins by showing a great deal of patience and good will, and above all, he listens very attentively to what is said to him in order to evoke the best in the speaker. It is then that even the most difficult problems can be resolved. **(OCTOBER 21, 2003)**

We meditate and sing before meals in order to make this act of eating a divine action. When we use these few moments of meditation to become conscious of the importance of the gestures we are about to make, it helps us to be in perfect control of them throughout the meal. At the same time we are learning to control our thoughts and feelings. Those who use these moments of silence to remind themselves of the importance of their food and of the attitude that should be theirs during the meal, will gradually become capable of handling every situation with ease. They imbue each gesture with a suppleness, harmony, delicacy, and love that reflect on them and draw them closer to the Lord. **(OCTOBER 22, 1995)**

Without reflection, without having first studied the matter, most people are in the habit of pronouncing judgements such as: 'In my opinion, this is false... in my view, this is stupid.' The poor things do not see what dangers they are exposing themselves to. On what grounds do they say 'in my opinion'? As if this 'me' possessed the absolute truth. What pride, what presumption! Good Lord, they should demonstrate a little more modesty! When they know what has been said and achieved by others who surpass them, when they have studied the same things and have had the same experiences, then yes, they will have the right to say 'in my opinion', and not before. Of course, we cannot prevent people from saying 'in my opinion'; everyone says it. But, in doing so, it is they who classify themselves as presumptuous and ignorant. **(OCTOBER 23, 2004)**

The deplorable habit of continually stressing other people's negative points causes untold social conflict. Where is the pleasure in seeing only what is ridiculous, stupid and nasty? What is the point of digging out the salacious details of people's private lives and then spreading that gossip everywhere?

A wise man tries to see things in a different light. He is neither blind to people's faults nor is he misled by them: rather, he inclines towards their qualities and virtues. In this way he strengthens the good in others and reinforces the good within himself. **(OCTOBER 24, 1998)**

What are people's main preoccupations today? Food, clothes, housing, earning money, getting married and having a few children. Everything revolves around self-satisfaction and personal well-being. Of course, every now and then they do something for society, but on the whole they do things for their own benefit. However, whether they like it or not, they live in a collectivity, and if a revolution, a riot or a war breaks out within this collectivity, their personal possessions cannot be secure. So, even if they make sure that everything in their lives is organized, in reality

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everything is never organized, because problems can always arise from the collectivity and destroy everything. Indeed, throughout history this is repeatedly evident. There were people who were so rich and powerful that nothing seemed to be able to touch them, that is, until troubles arose within society and they ended up losing everything, even their lives. Everyone must therefore seek to improve collective life: that is the only condition in which every individual can feel secure, because only collective life, which encompasses everything, is able to provide security and plenty for everyone. **(OCTOBER 25, 1999)**

Although light is diffused throughout the universe and penetrates all that exists, man cannot see it because he is not sufficiently developed spiritually to perceive something so subtle. By concentrating frequently on this light, however, he refines his powers of perception to the point where not only does he begin to sense it, but he actually attracts it to himself and it begins to transform him. When you meditate, get into the habit of leaving aside all your worries and concerns and concentrate on spiritual light. In this way you will draw it into yourself, and all the worn out particles of your body will gradually be replaced by new, pure, luminous particles. When you do this exercise you are working for your own salvation, for your own immortality. You must never stop looking for the light that can restore you to a state of perfect harmony. **(OCTOBER 27, 1995)**

You still place too much importance on theory and not enough on practice. Once and for all, you must decide to apply the truths of initiatic science without asking yourself: 'But why? But how? Is this really useful?' You must simply put them into practice, you must realize them, that is all; otherwise you will never establish a solid base within you, and you will be exposed to every tribulation. That you experience highs and lows is normal: daily life is full of the unexpected, the unforeseen, which can upset and destabilise you for a time. But if you make a habit of doing the exercises and put certain principles of the spiritual life to work, even difficulties and disappointments will not destabilise you. **(OCTOBER 30, 2004)**

For years an international office of weights and measures has existed in Sèvres, France. Why this office? Because people noticed that, if there were no yardstick to refer to, it would be the reign of the arbitrary; everyone would weigh and measure as it suited him. But where their thoughts or judgements are concerned, people never question the rightness of their system of weights and measures. Day and night people weigh, measure, calculate, judge without ever thinking that they should perhaps verify their instruments with the spiritual office of weights and measures, that is to say, with a sage, an initiate, a great master – dead or alive. Instead of asking, 'What about my heart? My will? My brain? What about my tastes? Are they correctly adjusted?' everyone believes he is perfect and gives his opinion on everything. **(OCTOBER 30, 2001)**

There are many uses for fire. Fire is present in all chemical operations; it melts metals, it cooks food and makes it edible, it provides warmth and light, and it purifies. Well, in the spiritual realm, sacrifice serves the same purpose as fire. Each time you sacrifice something, you light a fire. For example, when you decide to give up a bad habit, certain matter begins to be consumed within you, and it releases an energy which you can use for your spiritual work. Sacrifice is a gift that you give of yourself in order to receive purer energies in exchange which enable you to go further and higher. This is why sacrifice is a magical act, thanks to which you have every opportunity to build something useful, beautiful and noble, not only in your own heart and soul, but in the heart and soul of all beings as well. **(OCTOBER 31, 2004)**

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Suppose you eat and drink too much and find yourself in bed with indigestion. No human law will ask you for an explanation of your diet, no policeman will arrest you. That is true ... but still you are in bed. So what kind of justice condemned you in this way and according to what laws? The laws of nature, which are not human laws; it is they that condemned you. As for human beings, well, they will come to visit you by your bedside and say, 'Ah, poor fellow, we feel sorry for you! Try to get better quickly!' but they will be unable to do anything for you. Only nature can help you; if you obey its rules again and eat with moderation, then you will be better. We have to know what the laws of nature are; these laws are also divine laws. Our physical body must submit to them and so must our heart and our intellect. **(OCTOBER 31, 2001)**

Learn to look upon men and women with a feeling of sacredness, and behind their appearance and behind their shape of their body or their face you will discover their soul and their spirit which are the son and daughter of God. If you can let your attention rest on their soul and their spirit, all God's creatures that you have neglected, abandoned and despised in the past will seem extremely precious. Heaven, which sent them on earth in all kinds of disguises, looks upon them as treasures, as receptacles of Divinity. So, whenever you meet anyone, instead of focusing on their physical appearance, their wealth, their position or their education, look at their soul and their spirit, otherwise you will never come to know their quintessence. Tell yourself that, in the eyes of God who created them, even those who walk around on earth as beggars or tramps are princes and princesses. **(OCTOBER 31, 1999)**

It is good to get into the habit of periodically reviewing our lives. Why? Because, all too often we turn our daily routine into a meaningless, dull drudgery and are constantly preoccupied with all kinds of activities which contribute nothing spiritual to our lives. Subjected to the influences of all that surrounds us, we forget that our time on earth is very short and that all our material possessions, titles and social rank must be left behind. Obviously we all know this. Yes, everybody knows and everybody forgets; even a disciple of an initiatic school is swayed by the influences around him. That is why it is absolutely vital that we take time off every now and again to look over our lives, analysing the direction we are taking and the activities in which we are engaged, so that we can sort out our priorities – discarding what is not useful and keeping only what is essential. **(NOVEMBER 1, 1998)**

It is normal to feel antipathy towards certain people, because human beings are not capable of that universal consciousness which allows harmonious empathy with everything and everybody. We shall always experience some aversions, be it to a food, to certain objects, faces or behaviour. When we come to earth we take on a body in some family or other, and this body does not vibrate perfectly in harmony with the whole universe and all living creatures. But should we allow this state of affairs to influence everything we do? No. Of course, it is far easier to go along with all that is pleasant. But why not listen to the voice of wisdom that sees things from a different perspective and strongly advises against acting only according to our likes and dislikes. Why not widen our horizons, seeking what is good not only for ourselves, but for others too? Eventually we must come to grips with this capricious nature of ours which loves this and detests that, instead of being forever at its beck and call. Many people have taken a fall through living only according to personal tastes and tendencies. **(NOVEMBER 2, 1998)**

Wherever you are, whatever you are doing, get into the habit of pausing for a moment to unite with the centre, the source, the sun within you, and then continue whatever you were doing

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before. Yes, stop for a few seconds, re-establish the connection and then carry on as normal. Nothing is more valuable than the acquisition of this habit. You will say: 'I do this, but I don't really seem to get anything from it.' Well, this proves you do not know what to expect. The only thing which really matters is that you are able to do this exercise, because the exercise in itself will give you such satisfaction, will bring you such happiness and well-being that you will need nothing else. Because during these moments you are inwardly rich, strong powerful and invulnerable, and that is important. **(NOVEMBER 3, 2000)**

The passions create a special kind of heat which arouses the animal nature in man. Most ferocious beasts of prey live in the equatorial forests of the world, where it is very hot. If a man lives a great deal of the time in his own equatorial regions (stomach and sex), he nourishes passions (beasts of prey) which begin to increase and multiply within him. When someone is hot with the fire of passion, his wild beasts become aroused. The heat of the passions should be avoided. This is why Initiates try to bring their disciples out of these hot regions into cooler regions, the regions of wisdom. Let me give you an example: If you are very rich and famous you are living in a hot climate of abundance, and your wild beasts are easily roused. If you cannot control them, you will indulge in a life of pleasure and begin to satisfy your own ambitions to the detriment of others and, in this way, you will gradually sink down into Hell. This is why it is far better for those who are weak not to be too well off materially, for in this way they will be in a better position to master their inner wild beasts. **(NOVEMBER 6, 1987)**

Human beings are aware they have certain instinctive tendencies. Depending on what they are, they abandon themselves to them or they quell them, but rarely do they stop to study them to discover where they come from and what they mean. All these tendencies are a language, however. Why, for instance, do men have the instinct of undressing women to look at them naked? Some will be shocked at this and say: 'And what language could there possibly be in that? These are things that shouldn't be talked about.' Very well, but since it is a deeply rooted instinct in men, they will continue to give in to it without ever understanding what it is a sign of and how they can use it to further their spiritual development.

Cosmic Intelligence in fact wants to encourage men to go beyond appearances and so discover another reality. Men must learn to look at women beyond their physical nudity, in the nudity of their soul and their spirit, in other words in the greatest purity, in the greatest light. Because up above there is no more ugliness or impurity, only innocence and splendour. **(NOVEMBER 9, 2002)**

Someone comes and complains that he is very unhappy. I ask him, 'Have you said thank you today?' – 'Said thank you! To whom? Why? – Can you walk and breathe? – Yes, ... – Have you had something to eat? – Yes, ... – And can you open your mouth to speak? – Yes, ... – Very well then, give thanks to God. There are people who can neither walk, nor eat, nor even open their mouths. You are miserable because it has never occurred to you to be thankful. You must begin by realizing that nothing is more wonderful than to be alive, able to walk, look and speak. If you do this your whole attitude will change. But human beings forget these facts, so Heaven has to put them through great hardships so that they learn, eventually, to be grateful. **(NOVEMBER 12, 1998)**

Most human beings find life monotonous and empty. Because their understanding of reality is too narrow and superficial. They judge people and things according to what they see on the surface, and they imagine that this is sufficient for everyday life.

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You only have to see the attitude of men and women towards each other. When they have lived together for a while they think that there is nothing more to discover in each other, and for this very reason they fail to discover anything new and become bored with each other. But the cause of their boredom is in themselves, not in the other. They have closed themselves to the currents of life and are now incapable of perceiving the subtler dimensions of other beings, of communicating with their soul or spirit. Human beings are alive; nature too is alive; but if we want to be in touch with that life we have to refine our faculties of perception.

(NOVEMBER 12, 1995)

Everyday we meet different people and we cannot stop ourselves from spontaneously feeling either like or dislike for them, because they are natural feelings that even the sages experience. However, the difference between the sage and the ordinary man is that the sage controls his dislikes and does not give way blindly to his likes, because he knows that neither one nor the other are good criteria. They are often instinctive, purely personal feelings which originate in experiences lived in other lives. They do not provide impartial information about the value of a person, his qualities, or his defects. Many imagine that their intuition dictates these reactions. No, not at all. That is why we must make a habit not only of behaving with understanding and kindness toward people we do not like, but of recognising the mistakes and weaknesses of those we do like.

(NOVEMBER 13, 2003)

You think it normal to allow your emotions, excitement and passion to get the better of you, but do you ever give a thought to the state of your brain when you have to reflect on solutions to important problems or understand fundamental issues? You do not. What a detrimental way to behave! If you want your brain to be always strong and ready for use, you must be attentive, careful, economical and measured in everything you do, otherwise you will understand nothing and, moreover, you will be too tired to comprehend even if the greatest of life's secrets were revealed to you; and this would be a shame, a very great shame. That is why you should try not to waste time and energy on preoccupations which will only weaken you. Then, when truths with the power to set you free appear, you will be wide awake and clear-headed and able to grasp them instantaneously.

(NOVEMBER 13, 1999)

The food we eat is not always ready to be absorbed and assimilated by our bodies. Before eating, we should tame it and make friends with it, otherwise it will just be so much foreign matter: It will not vibrate in rhythm with our organism. If I am forever repeating that you must get into the habit of eating your meals in silence and recollection, in an attitude of love and gratitude, it is because that is the way to transform your food so completely that it will no longer contain a single particle of foreign matter. The body is disturbed by particles of matter which vibrate to another rhythm. If so many people are ill it is because they do not know how to eat and have accumulated excessive waste and untamed substances in their bodies.

Love is the only thing that can transform the matter we absorb. If we do not eat with love there will always be some part of our food that our organism is unable to transform because it is not vibrating in harmony with it, and this matter builds up inside us and hampers the body's functions. Only through our thoughts and feelings can we work on our food so that it can be perfectly assimilated and its energies distributed harmoniously throughout the whole body.

(NOVEMBER 13, 1987)

You must do everything in your power to rise to greater and greater heights. In this you will always be perfectly within your rights, and no one can stop you. In fact this is the only absolute

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right that God has given us. Each time you take a step upwards, that is to say, each time you succeed in resisting a temptation, in conquering or even transforming a weakness or a vice, orders go out automatically from Heaven and an entity is sent to help you; you are given certain powers; your circumstances begin to improve. But it is not your business to see that these things happen. The only thing you have to do is overcome obstacles by rising above them. All the rest will come automatically. **(NOVEMBER 17, 2001)**

Many people are not afraid of devils and the darkness of hell, but they are terrified of the light. That is quite understandable: they feel deep within themselves that they still need to live in an inferior way so they instinctively flee a light which has the power to illuminate their lives, showing up their dull, mediocre, and even criminal behaviour. They do not want to be rid of their bad habits and do not tolerate anything which could spotlight the fact that these habits are faulty. People who want to make no effort to improve themselves close their eyes, stop their ears and convince themselves they are fine as they are. Those who fear the light do not quite know why, but instinctively they feel there is something to fear. Only those who sincerely seek to progress and transform themselves look for this light, which emphasizes all that needs to be improved, and shows how to put these improvements into practice. **(NOVEMBER 17, 1999)**

The things that prevents you from developing your spiritual faculties is this very bad habit of always being in a hurry. It is true that rapidity, activity and dynamism are very good qualities, which we need in order to manage on the physical plane. But you must know when to stop so as to create a more peaceful and harmonious inner rhythm, which will allow other forces, other entities of a spiritual nature to get to work. You do not have to be always busy and in a hurry, running left and right. Once in a while get into the habit of taking a moment of rest and tell yourself that, at least for a few moments, you can finally be face to face with the sun, with nature, with luminous beings, with yourself, with eternity ... When you feel the divine energies awakening within you, you will know that you have found your true self. **(NOVEMBER 18, 2001)**

You cannot rid yourself of your faults. You will say: 'But you are always asking us to improve ourselves; how can we do this if we cannot rid ourselves of our faults?' You cannot rid yourself of your faults, but you can work on your lower tendencies and transpose them on to a different plane. This is what is generally referred to as sublimation. A pyromaniac for instance will always want to light fires, but he will learn there are other fires to light, and so instead of setting light to forests or buildings and destroying everything, he will kindle hearts with the fire of divine Love and will warm them and vivify them. He will not lose the need to light fires, but he will give this need a more noble, more beneficial form. All lower tendencies – violence, selfishness, vanity, sensuality and so on – can be transposed on to a higher plane in this way. The faults with which we are born form an inherent part of our make-up, of our temperament and we cannot eradicate them, but we can correct them by transposing them on to a higher plane. **(NOVEMBER 18, 2000)**

The best way to confront difficult situations in life is by making sure you immediately adopt the correct inner attitude. For instance why, the moment you experience a setback, do you react as if you had lost everything, as if the world were coming to an end? Try instead to take stock of what you still have, i.e. a family, friends, your health, all your psychic and spiritual faculties and so on, and thank Heaven for this wealth. Instead of always agonizing over what you do not have, learn to rejoice in what you do have. It is quite normal that a humiliation, a disappointment or a failure should momentarily upset you. There is nothing wrong with that, but it is inexcusable to wallow in your distress or sorrow and forget all the reasons you have for being happy and

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appreciative. Pull yourself together, for goodness sake! Otherwise there will come a day when you will be unable to shake off this tendency you have of becoming discouraged and you will be crushed. **(NOVEMBER 21, 2002)**

Is it not true to say that you love people showing you consideration? In fact, you feel it is only normal. So why are you not considerate to every being, to every thing? Try, even, to show how much you appreciate every flower when you plant it or water it. You may say that a flower feels nothing. Well, that is exactly where you are mistaken. Furthermore, it is for your own benefit that you should appreciate this flower because you are the one who will acquire some virtue and merit. You make a considerate gesture of respect or love towards someone, and that gesture reflects on you. You need to apply yourself for years to all these small things and then, one day, you will reap the benefits. Do not go looking elsewhere, far away, for what is already nearby. You will never find the solution to your problems somewhere outside your everyday activities. If you neglect these daily occupations, the invisible world will make you return to them and rub your nose in them until you have learned to understand this truth. **(NOVEMBER 21, 1999)**

Man has every possibility within himself, but he does not know it. And this is why he always looks elsewhere for the means to solve his problems; always outside, never inside himself. But the means he finds on the outside are only suitable for working on matter; they are of no use in helping him to transform himself inwardly or to work on his soul and spirit. When it comes to developing his physical body, that is all right: He can use various instruments or external forces, but when it is a question of becoming one with God the only effective means are those he finds within himself. This is why it is so important for a disciple to explore and develop all the possibilities God has implanted in him. When God created us He gave us all the means we needed to reach perfection and fulfillment. These means reside in our powers of thought; for this reason it is important to acquire the habit of working every day to unite oneself with God and to learn to love this work. **(NOVEMBER 21, 1987)**

Some people make no effort to mend their ways even if they admit they have many things to improve within themselves. Why? Because they think it is too hard to change their life style or their inner attitude; one day they manage, the next, they fail. They always have to start over again and they think it is not worth it. Well, this is not good reasoning, for the important thing is not to succeed the first time but to choose the right orientation and be sincere about your choice. Know that your falls themselves are not very serious; each time you fall, the experience allows you to acquire something more. So, do not become discouraged; if, each time, you reflect on your failures in order to learn a lesson, one day you will have a real arsenal of notions and methods that will permit you to triumph over all situations. **(NOVEMBER 24, 2001)**

Before undertaking any kind of work, make sure that you are calm and collected, focus all your attention on your first gesture and carry it out carefully and correctly. Do it again, a little faster, and keep repeating it until you can do it as fast as you need to; in this way you will find that it becomes easier and easier while, at the same time, being absolutely exact. Whatever it is you have to do, you will do it perfectly if you follow this method.

If you make an error today, it is because, at some time in the past, your tool slipped and cut the groove of today's error. The first time you made such and such a gesture or were in contact with such and such a person or object, you did so carelessly, thinking that it was unimportant, and now you are having to put up with the consequences of your thoughtlessness, and the mistakes

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continue to pile up and get worse. It is very difficult, today, to correct the errors etched into us in the past, but it is easy to learn to etch new pattern correctly. **(NOVEMBER 24, 1988)**

We are all inhabited by 'workmen', and as we cross from wakefulness into sleep, these workmen move into action, using everything within us – materials and energy – for constructive or destructive purposes. This is why you must be vigilant as you go to bed, avoiding all states of irritation and discouragement, because these states of mind are entities which not only destroy all the good you have acquired during the day, but which also prepare disagreeable conditions for the following day. So, take care to conjure up at least one light-filled thought, one inspiring image, one tender feeling of love before you go to sleep, and you will wake up the following morning feeling purified and restored. **(NOVEMBER 25, 1998)**

Many people take enormous pleasure in talking about all the most negative and least appetizing details of their lives, and then they are astonished when they see that everybody avoids or abandons them. What a stupid attitude! It would be far better to hide those details. You may be sure that no one else can solve your problems for you, so what is the point of exhibiting them to all and sundry? Not only are you wasting your time by talking about them to no avail, but you are forfeiting the esteem of your friends: They will have less respect for you and forsake you when they see that you are neither strong nor intelligent. If you don't want to lose all your friends, conceal your problems from them, don't talk about them, don't complain. Make contact, instead, with the Heavenly Powers, with all the entities of light that are always there, all round you, ready to come to your rescue and they will help you. **(NOVEMBER 25, 1988)**

Let your spiritual work take first place in your life. Do not be discouraged if no one appreciates your efforts. You are not working for them; you are working for yourself. Next time you come back to earth all these spiritual treasures you are acquiring today will come back with you in the form of conditions in which you can flourish and fulfil yourself.

If you find that you have still not managed to acquire a particular virtue, or to overcome a particular vice or bad habit, tell yourself that everything is more difficult today because you did not work well in the past, and that it is high time to start work. Even if you have only one year to life, you must begin, and you will see how many things change. **(NOVEMBER 26, 1995)**

Live experiences are always more convincing than explanations.

For example, I go into a house during winter. In order to economize on central heating, everything is tightly shut and airless, and this close atmosphere has made the inhabitants of the house so sluggish that their thoughts and feelings are adversely affected. I could explain to them the danger to their health of this way of life, but I know that my time would be wasted in interminable discussions. Instead, I invite them to come for a good walk in the fresh air. Then we return to the house, and no sooner do we open the door than they recoil from the unhealthy atmosphere. They wonder how they could have put up for so long with such a close, stuffy environment: meaning – because this little story is an allegory – with such stale ideas, and stifling old philosophies. They understand immediately, without the need for words, because the contrast is obvious. Maybe they had not realized, before going outside, how marvellous it is to breathe pure, fresh air, but when they return and suffocate in the stale air, they understand very well. **(NOVEMBER 30, 1998)**

When action is necessary, a wise man begins by reflecting on every aspect of the problem he must solve. Next, he calls on love, meaning, his interest in the required task and his desire to

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accomplish it. Finally, he begins working to make his project successful. So, once a wise person has thought over his plan thoroughly and well, he strengthens and vivifies it with his love and, finally, he achieves a successful result through a will of iron. Unfortunately, most human beings proceed from back to front, abruptly throwing themselves into action before studying the project, and then, of course, running into difficulties. Suffering and complaining, they begin to reflect on the reasons for their setbacks. But it is too late. They should have reflected to start with.

(DECEMBER 2, 1998)

Whatever comes along, some people habitually see the good side of everything, whereas others see only the bad. Of course, both of these points of view are correct in their way, but each one has a very different result. Objectively, one can say that a glass is either half full or half empty and claim that it makes no difference. However, if we consider the effect that these two points of view have on our consciousness – the magical view-point – the difference is made. It is this magical point of view that is crucial. If we are in the habit of seeing only failings and defects, we become increasingly aggressive, bitter and discouraged, because that is the inevitable result of concentrating on what is lacking. Of course, shortcomings exist, but that is not the point of our discussion. What is important is that we work to the best of our abilities to advance further and further along the way of evolution.

(DECEMBER 4, 1998)

If you are not in the habit of observing and studying every detail of life, you will not understand what it means when someone does something wrong; you will be inclined to say that he has done such and such a thing by chance or that a spirit was acting through him! No, in such cases, the only spirits involved are the laws of nature. That person began breaking the law a long time ago and it is only now that you are beginning to see the results. A gesture is never an isolated incident: It is the conclusion of a long history; it reveals how someone has lived and developed, how he has felt and what he has done in the past. For one who is capable of seeing it in context and understanding how it ties in with the whole, every gesture is the reflection and the inevitable consequence of a chain of thoughts, feelings and actions. As long as human beings persist in refusing to see how things are interconnected, they will never understand the deep, hidden meaning of all manifestations, forms, movements, colours, sounds, words or looks!

(DECEMBER 5, 1988)

To understand the behaviour of human beings it is important not to forget that they carry in their subconscious a distant animal past, which reveals itself in cunning, brutality, cruelty, voracity, sensuality and so on. Therefore, whatever human being you meet, whoever they are, even the most civilized, always be aware they carry the baggage of the animal kingdom with them. And this animal nature is powerful; it has had thousands of years to strengthen and intensify because it has lived in very difficult conditions. Just look at all the difficulties animals have to contend with to survive, find food, find shelter and retain it. After having lived in such conditions, how can you now expect our instinctive nature to be gentle, good and lenient? But what you should also realize is that we can work on our psychic and spiritual qualities, so that we come to stand up to these instinctive tendencies. That is the issue we all have to resolve.

(DECEMBER 6, 2002)

Try to get rid of this bad habit that consists in protecting the memory of all that has made you suffer: you carry this memory around with you, scrutinize it, and mull it over...It is dangerous to return to negative events in this way. Once and for all you should draw useful conclusions from them for the future and never return to them. Why do you still aggravate and prolong the ills you have suffered? Instead, try to remember the most luminous moments of your life; reflect on how,

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and thanks to whom, they came about. Bring them often to mind, exactly as you play the music you love, and you will re-live the same sensations of purity, freedom, and light.

(DECEMBER 7, 2003)

You want to show that you are intelligent? Well, this is simple. You will demonstrate that you are intelligent if you can overcome the inconveniences of a collective life, if you succeed in restoring peace wherever you go by showing love, patience and goodness. Start by giving up criticism, and this will already show that you have won extraordinary self-control; you will be happy to have succeeded in establishing harmony within you and around you.

You must understand that human relationships are very complex. Your sympathies and antipathies are generally determined by your nature, which is a legacy from past incarnations; so how can you be sure of the exactness of your opinions? ... It is better to refrain from judging others; whatever they do, it is their business, and they will eventually have to answer for their attitude. The important thing for you is to have relationships with your fellow men that enable you to progress, evolve and be useful and beneficial to them.

(DECEMBER 9, 2001)

Some people are so enslaved by their instinctive nature that nobody, no spiritual master, no initiate can change them. They will tell him, 'I understand very well what you're saying, I agree with you, it's marvelous, I would like to change but I can't, I can't help it.' Some will admit, 'If I don't smoke, drink, chase women or steal a little, I'm unhappy.' These people are even unhappier after, of course, but this is another matter.

It is therefore out of the question to transform all these people, but it is important to show them that the spiritual life other people lead makes sense. This will remain a distant ideal for them a long time, but they must at least know about it. If Christ appeared in person, thousands of people would undoubtedly fall on their knees to glorify him, but they would remain what they are, unable to transform themselves for the moment. Yes, even if your cat sweetly mews beside you, it is no use preaching vegetarianism to it, it will remain a cat and will always look for mice. But it is never useless to show some of the 'cats' we meet in life that there are better things to do than chase mice. One day they will understand, but when? ...

(DECEMBER 10, 2001)

As you wake up in the morning remember to check your inner mail to see what messages have been left there overnight. Because as we sleep the soul emerges from the body and leaves for the invisible world where she travels around, studies and works. This allows her to see and to learn many things and when she returns all this knowledge is imprinted on our brain. And when we wake up, we remember having had certain experiences, having been given certain warnings or advice showing us the way to live the new day. You may say: 'But why does this never happen to me? I never remember anything.' This is because your brain is not yet sufficiently organised to receive the imprints, the images, the memories the soul brings back from her travels in the invisible world. And you can prepare your brain by living a harmonious life. You will then gradually begin to know and understand what your soul has experienced as you sleep.

(DECEMBER 10, 2000)

Sometimes, while asleep, you dream that you are doing things that you would be thoroughly ashamed of doing in a waking state. Why is this? Because you have not yet learned that it is necessary to prepare for sleep as if setting out on a very risky journey. The Cabbalah tells us that an impure spirit attaches itself to the physical body of somebody who is going to sleep, suggesting certain ideas and desires. This impure spirit wants to take possession of the sleeping body, to make use of the large reserves of strength it contains. In order to defend yourself, you

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must pray to Heaven to send you an angel to protect you and take you to study love and wisdom in the school of the Lord. In this way, you will always have a guardian during the night, to keep your body safe from evil spirits and each morning you will return to your body enlightened and refreshed. **(DECEMBER 14, 1998)**

You have a problem, a difficulty and you are under the impression that this difficulty completely blocks your view. Do you want a method? Take this difficulty and compare it with all the riches you possess; review all your talents, qualities, etc., then your parents, friends and so on, and then all the possibilities Heaven gives you each day. You will see that this difficulty will not be able to survive; it will diminish and disappear before the vastness, the immensity of everything you have. Yes, think of placing your grief and sadness beside your treasures and your future in this way. Then, when you compare them, you will see that no trace of your worries will be left. Do the same thing with all the wicked entities of the invisible world, which take a malicious pleasure in troubling human beings, inspiring doubt, distress and discouragement in them. When you feel they are approaching, tell them, 'Come here, I will show you something,' and place them before all your riches as son or daughter of God, your present wealth and the one awaiting you in the future. Of course, these entities will first cling stubbornly, but they will quickly understand they are wasting their time with you and will leave you alone. Get into the habit of doing such exercises; you will see that you can transform and improve many things. **(DECEMBER 15, 2001)**

A true spiritualist dedicates his life to Heaven saying, 'From now on I will work for the Kingdom of God. I will abandon all these futile occupations, all these passing pleasures that bring me nothing.' By doing this, he releases within himself spiritual energies that were paralyzed and enslaved by ordinary, everyday habits and he can at last bear fruit.

Look at a tree: When it is invaded by insects and caterpillars, it cannot bear fruit and we must rid it of its parasites with insecticides. In the same way, someone who gives in to laziness and the basest pleasures attracts parasites, dark entities of the astral world that come to nourish themselves through him. They invade his body, will, heart and intellect, they suck up the sap that should nourish his higher self. Yes, this is true: Human beings shelter within themselves other beings that drain them of all their energy. To get rid of these parasites, they must dedicate their whole being, all their activities to Heaven and it is then that they will bear only succulent fruits. **(DECEMBER 17, 2001)**

Watch what you say: do not engage in big talk, do not commit yourself lightly, because you will provoke the invisible world and you will then have great trouble in keeping your commitments. In fact, you will not succeed.

A man swears he will never get married. Some time later he meets a woman. This woman, who is in fact the least able to make him happy, makes him lose his head and he marries her. Why? Because there are entities in the invisible world who, seeing this man so sure of himself, want to put him to the test. They try him to see what he is capable of and very soon he succumbs. That is how people often do exactly the opposite of what they so adamantly professed or promised.

In some countries it is the custom for a person to touch wood when saying something. This may seem superstitious, but this gesture says a great deal. It shows that, whilst talking, people are conscious of provoking invisible entities and they touch wood to ward off misfortune. **(DECEMBER 17, 1999)**

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Why is it that some people's perception, lucidity and clarity of mind increase with age and even with old-age, and in others they decrease? Because the first have from very early on acquired the habit of connecting, bonding with Cosmic Intelligence, they believe in it, they open themselves up to it, they love it, and little by little, it reveals itself to them because it is attracted by this love. Whereas the others, who do not acknowledge any Intelligence in the universe, close off the path of true understanding. They are focussed on their sole intelligence, and because this intelligence is limited, it dries up after a while. People who refuse to acknowledge Cosmic Intelligence, who repudiate it, limit their mental faculties. So everyone has a choice: the path taken by all the materialist scientists and philosophers, or the path of the initiates, of the great masters who receive revelations every day because they continually draw from the infinite ocean of Cosmic Intelligence. **(DECEMBER 18, 2002)**

Put an handkerchief into a perfumed box, then take it out some time later, and it will have absorbed the perfume. Your thoughts, just like that handkerchief, are impregnated by the emanations of all your usual preoccupations. So if you concern yourself with unpleasant matters, do not be surprised if what you emanate is equally foul-smelling. I am not joking: this is an immutable law. Pay attention, therefore, to the books you read, the films or plays you see, and to any conversations you may have, because they will always produce a result. Try to choose only profound and enlightening subjects, even if they are still rather beyond your present capacity to understand. If you do this, the results will be wonderful, because there exists within you an omniscient being who knows everything, and who, one day, will help you to understand all that is still beyond your comprehension. **(DECEMBER 18, 1998)**

It is not so much on the physical plane that we must try to sort things out, for the physical plane is the world of consequences, over which we have very little power. In order to bring about lasting change, we must rise, through thought, to the world of causes, for it is only there that we have all the means to contact and trigger beneficial forces that will sooner or later produce some results. But most people do not know this. They content themselves with intervening on the physical plane. And then they are surprised to see that the changes brought about do not last; events or other people come and arrange things their own way without consulting them. And so, they end by never being in control of the situation.

The same law applies to an individual. If you want, for example, to change your bad habits, do not tackle them directly. Try to rise through thought, to the causal plane, for it is up there, by uniting with the world of wisdom, love and truth, that you will be able to release powers, which will have repercussions on your behaviour on the physical plane. **(DECEMBER 20, 2001)**

Today, the custom of lighting nightlights or candles in the house has been lost, unless the electricity is cut, in which case people do so in an irritated and grumbling manner. Whatever the circumstances, lighting a candle should be considered a sacred act by which we enter into contact with the four elements. Yes, the candle itself, which is solid, represents the earth element. We light it, and we see fire. Then, gradually, the candle melts and the liquid wax begins to fill the hollow at the base of the flame. As for air, it is all pervasive, because it is indispensable to fire: deprived of air, the fire goes out, and even if the air cannot be seen, its presence can be perceived in the subtle oscillations of the flame.

So, when you light a candle, be conscious that you are in the presence of the four principles of matter and that you can work with them by linking yourself to the four great Angels which govern them: the Angel of Fire, the Angel of Air, the Angel of Water, and the Angel of Earth.

(DECEMBER 24, 2003)

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Do you feel the harmony we create all together when we sing? Tomorrow a new year starts and tonight we can say we have been singing for the year which has passed. That year is very pleased because its departure is immersed in love. As for the new year, we can already start to prepare it consciously this evening by focusing on one point: a quality to be developed, a bad habit to fight, or a project to realize for the glory of God. By focusing on this thought, this wish, it is as if you are laying the foundation stone, and then all the luminous sprits of nature will come to your aid and help you accomplish your divine project. That is what you should be concentrating on at the end of the year. Unfortunately, not many people do. Most are getting ready to succumb to all kinds of excesses. Not surprising, therefore, that the year then turns out badly for them. So all you who are disciples of the divine school, endeavour to receive the new year within you by placing yourselves under the sign of light. **(DECEMBER 31, 1999)**

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By devoting themselves to all kinds of activities, people hope to find meaning in their lives. But they will only discover the meaning of life when they decide to participate in the realization of the Kingdom of God and his Justice. From then on, whatever happens, they are workers in the field of the Lord, and they feel supported and fulfilled because they are conscious of participating in an immense task. Above all, they know they will never be lonely or abandoned.

Every one of you can discover the meaning of life this very day, for this very day, instead of working only for the satisfaction of your own needs, you can say: 'From now on I intend to work for the Kingdom of God and his Justice.' And even if you are unknown on earth, your name will be inscribed in the Book of Life, and you will receive the blessings of heaven. You must always go further; your aspirations must become always greater, vaster. This truly gives meaning to your life. **(FEBRUARY 27, 2005)**

We shall not transform society through revolutions, for they always leave behind them the same disorder, dishonesty and injustice. All that happens is that the torturers and their victims change sides, but they are still there.

Therefore it is not on the outside that changes need to be made, but in the mentality of human beings. Many people work to bring happiness to humanity, but how many of them know what human beings need to find real happiness?

Very few! And that is why they are so relatively unsuccessful. Even if there is a little progress in certain areas, we have to admit that elsewhere the situation is worse. True progress first shows in our own thoughts, in our hearts and in our souls, and is achieved through our work with light. How can changes be effective if the mentality of people still remains the same: self-centred, dishonest and deceitful? When mentalities change, the whole world will change.

(MARCH 4, 1998)

At one time or another in our life we experience solitude, the feeling of being utterly alone. In this extremely painful state of consciousness, a human being feels as if he has been thrown into an empty, dark space and no longer knows where he is or where he is going ... Jesus himself was traveling through this murky wilderness when he exclaimed: 'My God, why have You abandoned me?' Sooner or later, every human being, even the greatest initiates, know this inscribable solitude. Why? Because it is a necessary experience. It is not when we are happy, satisfied and surrounded by friends that we understand what is essential, that is to say, the truths of the soul and the spirit, but when we feel alone and abandoned. In reality, no one is ever abandoned in the true sense of the word. Even when we have to pass through the most terrible ordeals, each one of us is surrounded by spirits and entities which speak to us and watch over us. Solitude does not exist. It is only a passing state of consciousness, and the only way to move through it as quickly as possible is to rely on the Being who sustains all creation. **(MARCH 9, 2003)**

The people who crucified Jesus addressed him, saying: 'If you are the true Son of God, come down from the cross.' But the true power of a son of God does not lie in escaping ordeals or even in appearing not to fear them. True power lies in accepting them with clarity and selflessness, and above all in peace and unity of spirit.

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Jesus knew about the trials awaiting him and had announced them to his disciples. But the cruelty of the torture he endured on the cross awakened the dark forces of his purely human nature, and he cried out: 'My God, my God, why have you forsaken me?' In fact, God had not forsaken Jesus, but this feeling of abandonment, of solitude can be experienced even by the greatest initiates. The human nature in Jesus could not help but utter cries of distress, but he did so with love, without rebellion, and here lies all the difference. This is why in the end he regained light and peace, and spoke these last words: 'Father, into thy hands I commend my spirit.'

(MARCH 25, 2005)

Always cherish the highest possible ideal. Never tell yourself that it is beyond you, that it is too difficult; never give up! Even though your ideal may be inaccessible, impossible to attain, you must continue to nourish and foster it. It is precisely because it is totally inaccessible that life is so marvellous! Things that are easily attainable are not worth much. Throw yourself whole-heartedly into an enterprise which you know in advance is too great, too lofty to achieve. Yes, it is this that will stimulate you, revive your enthusiasm and bring poetry into your life. If you limit yourself to goals that are easily accessible your enthusiasm will wane. Psychologists have never given sufficient thought to this question. You may think that it has nothing to do with psychology, but it has; this is true psychology. So stop wondering whether you are capable or incapable. Set to work to create divine life in and around yourself.

(MARCH 25, 1995)

Many of life's trials and sufferings are sent by the invisible world to force us to go within ourselves and rely on our own spiritual strengths.

When we are rich, sated with everything we want, we skate over the surface of things, whereas loneliness and sadness make us reach within, to draw on the help available there. The role of initiation is to teach us to look within for true strength and support. In ancient times initiation took place in the temples. Nowadays it happens in every area of our lives, and at times when we least expect it. 'But why doesn't the invisible world give us a sign to warn us of the trials we are about to undergo?' you wonder. Because the unexpected obliges us to reach more deeply inside ourselves and to make much greater efforts.

(APRIL 4, 1998)

Suicide can be explained in all kinds of ways, but whatever the reasons that move a man or a woman to despair, there is only one true explanation: these persons are unaware that the Creator has given them unimaginable possibilities to enable them to triumph over any conditions in life. He has given them the capacity to communicate with beings from the invisible world, to create with the mind, and to send these creations through space. Even in the utmost loneliness and the greatest misery you cannot feel alone or impoverished, instead, you feel watched over, enfolded and fulfilled, because inside you an extraordinary beautiful and meaningful world exists.

Those human beings who are unaware of the treasures God has placed inside them may, when they meet the slightest disappointment, consider suicide to be the only solution. So what does this mean? Does this mean they are geniuses, so exceptional that they are unable to tolerate the ugliness of the world? No, they are poor, miserable creatures who end up like this because they are weak.

(APRIL 11, 2000)

The worst difficulties and the worst suffering begin when a person thinks he is the sole master of his destiny, that there is no providence, no luminous entities to guide or support him. This is how he severs all bonds with heaven, and is then no longer a child of God shielded from worries. As soon as he stops relying on his heavenly Father and Mother, every kind of suffering starts to sweep down on him, and he feels all alone. But he must understand that it is his fault: It is not

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heaven that has abandoned him, it is he who has abandoned heaven. To solve your problems, to get help, nourishment, and enlightenment at all times, you must never sever the bond with heaven, because heaven never leaves its child to cry all alone. **(MAY 14, 2001)**

The human being is like a tree: his mission on earth is to bear fruit. And what are these fruits? They are thoughts, feelings and sentiments which are beautiful, noble and great. To do good is to be capable of bearing good fruit, and this requires surveying one's inner state when encountering others.

If you visit your parents or friends without considering how your gestures, your regard or your words affect them, you make them ill: you give them indigestion, or a case of poisoning. To conduct yourself in this way shows you have not yet understood the science of the good, and you mustn't be surprised if your life is lonely and sad. Why have you not learned to bear fruit? When we do good, we are never alone. Well then, bear fruit in the form of good works – in the form of a sacrifice, a thought, a look or a smile. **(JUNE 5, 2005)**

You are looking for love, and you believe it will come to you from outside, in the form of a being who will be exactly the way you expect him to be: pleasant, good-looking, generous, patient ... perfect! Although you yourself are grumpy, selfish and quick-tempered, love must show itself to you in the form of an angel! Well, no, that is not how things happen, for your love will be nothing but a reflection of yourself. You could hold an angel or an archangel in your arms, but if you have not opened yourself to the divine world, you would feel nothing of his splendor. What I am telling you is noting extraordinary. We can often observe people in daily life who feel completely isolated or even persecuted by the whole world, in spite of the affection their family and friends have for them! Well, not everyone can feel and appreciate other people's love.

Love is a quality of divine life. That is why you will find true love only if you manage to let this life flow within you, a life that has been purified and illuminated thanks to your spiritual work.

(JUNE 16, 2001)

Some days you feel inexplicably rich, happy and at peace, as if you had suddenly received a gift from heaven. But at that moment, do you consider sharing a little of this inner abundance with those who are unhappy and alone? No? Well, you must learn to give some of this wealth, this plenitude that you cannot even contain, and say: 'Dear brothers and sisters throughout the world, what I possess is so magnificent that I wish to share it with you. Take some of this joy, take some of this light.' When your consciousness is sufficiently developed to do this, not only will your name be inscribed in the registers on high as someone who is intelligent and good, but what you have distributed in this way will be placed in your celestial bank account and, one day, should you need to, you will be able to draw on it. Yes, everything you give in this way remains in your possession. No-one can take it from you, because you have placed it in the reserves on high. **(JULY 18, 2004)**

The act of suicide is a grave offence against the life that God has given us. I am not referring to those completely exceptional circumstances which lead certain people to end their lives in order to save other human beings. I am talking about all those cases in which men and women, by committing suicide, reveal that they did not know how to put to use all that the Creator has placed in their intellect, their heart, and their will. He who has a good understanding of things knows that a higher world exists, that it is inhabited by a multitude of wise and loving creatures, and that our task is to study this world which has left its imprint on the physical world. He understands that feelings and desires are so powerful that, with patience and tenacity, he can realize his highest wishes. Finally, he realizes he can consider every difficulty as a means of

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exercising and demonstrating his will. Never will such a person decide voluntarily to end his life. Even misery, deprivation, sickness and solitude will not be able to defeat him. It is he who will triumph. **(AUGUST 7, 2003)**

Many people complain of loneliness, even when they have a family, neighbours and other relationships. What ingratitude! Even if they were physically alone, they should sense that in fact they have an immense family, their spiritual family, but their consciousness is so limited, so dim, that they fail to realize it. And this is the case for millions of people in the world. They feel alone. The only true remedy for loneliness is to expand one's consciousness: to understand that even if you had neither father, mother, brother, sister, nor other blood relatives or people around you with whom to communicate, there would still be no reason for you to feel alone. When you know and understand that we are all brothers and sisters, all sons and daughters of the same Father, the cosmic spirit, and the same Mother, universal nature, you will never feel abandoned or unhappy again. **(AUGUST 8, 2005)**

Mountains and valleys have their counterparts in our inner lives. Valleys represent fertility and therefore abundance, generosity and goodness. It is in the valleys, not on the summits, that we find trees, gardens, fruits, flowers and cities inhabited by human beings. On high peaks we find rock, ice and sterility. Do you feel lonely? Well, come down from the summit where your intellect has taken you. Descend into the valley where abundance prevails, where the heart manifests itself, where the waters of love flow. The knowledge you have acquired on the summits must melt and form streams and rivers which will fertilize the valleys. There is a time to go up and a time to go down: there is a time to rise to the mountain peak by way of your intellect and a time to descend into the valley by way of your heart. **(AUGUST 10, 2005)**

Having descended to incarnate on the physical plane, human beings are so preoccupied with their external appearance as a man or as a woman they tend to forget that up above, on the divine plane, they possess both principles – masculine and feminine. You must understand, however, that 'up above' is not light years away. 'Up above' is also within us: it is the higher part of us. Women must understand that the masculine principle is there within them, waiting and will reveal itself at the end of their spiritual quest by giving them strength, knowledge and wisdom. And in men the feminine principle is waiting within to give them true beauty, love and divine life in all its abundance.

True initiation is an internal process at the end of which a human being is able to fuse with the complementary side of himself. That is why he never feel deprived or lonely. Men and women feel no less lonely if they have sexual relationships. Many people know that only too well. The number of their encounters and experiences increase, but inside the feeling of isolation, the solitude of the desert, persists. Yes, it is within, on the mental, emotional and spiritual planes, that certain encounters must first be made. You will only find below what you have first realized above. **(SEPTEMBER 10, 1999)**

To be sought after, to be loved, depends not on others but on you. So do not complain that you are lonely or that no one loves you. If this is so, tell yourself that it is because you do not know how to bear fruit. Look at the trees: during winter they are dark, sombre, and no one spends time with them. But when they bear flowers and fruits, strollers, children, and lovers are often found among them. To be lonely is most often the consequence of a deplorable mentality. So many people decide never to produce fruits, because they have no desire to make efforts for others! But then they should not complain if they are left to themselves.

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As long as people remain without flowers, without fruits, and without fragrance, they will be poverty-stricken, both outwardly and inwardly. Why have they not worked to give something? When we give, we are never alone. We must all blossom and bear fruit; this is the best way to leave all our misery behind. **(SEPTEMBER 14, 2003)**

When the sun enters Libra on 23(September it is the autumn equinox [In the northern hemisphere. In the southern hemisphere the seasons are reversed, so spring starts on that date.(Editor's note)]. After the ascending phase of the zodiac – from Aries to Virgo, the descending phase starts – from Libra to Pisces.

Libra, or the scales, is the seventh sign of the zodiac. Why are there scales in the sky and what do they teach us? In the middle of this succession of living creatures, human beings and animals which make up the zodiac, only the scales are a material object or, more accurately, the only instrument. It is as if they held the powers of light and the powers of darkness on each pan: the powers of life and the powers of death. Libra is preceded by Virgo, a young girl carrying heads of corn and is followed by Scorpio, an animal with a poisonous sting that can kill. This antithesis is emphasized even more by the fact that, within Libra itself, Venus dominates, whilst Saturn is in exaltation. Venus and Saturn, what a association! Venus a young woman who incarnates grace, harmonious exchanges and pleasures, and Saturn, the austere old man who enjoys solitude and, armed with a scythe, severs the link with life.

Libra is the reflection of cosmic equilibrium, the equilibrium of two opposing but complementary principles, thanks to which the universe was created and continues to exist.

(SEPTEMBER 23, 1999)

Inner force, balance, peace and happiness all depend on love. You must feel that love is always there within your reach, that is in you and that you have, therefore, no reason to believe you are weak, poor and lonely. If you have this feeling of loneliness, it proves that you are not free from the physical plane. As soon as you enter onto the subtle planes, especially the regions of the soul and spirit, you cannot feel lonely; the universal Soul and Spirit are always there close to you, within you and you can communicate with them at any time. Whereas with a man or a woman – even the best – can you be sure that, one day or another, they feel not have other commitments and be forced to leave you?

And so, even if you have found the most wonderful person on earth, do not fix your mind on him or her. Be grateful to Heaven for having met such a being, but know that you will experience true love only when you manage to find it in the regions of the soul and the spirit.

(DECEMBER 2, 2001)

Each one of us has a particular conception of happiness that reflects our temperament. One person is happy in reflection, and another is happy in being carefree and entertained. One needs family life, and another prefers solitude and celibacy. One is inclined to help his neighbour, to support and care for him, while another wants to dominate or destroy him.

In fact, this search for happiness is a search for God; a search that is more or less wise, more or less enlightened, but still a search for God, because behind this idea that human beings have of happiness God is hiding... It is He who has given us this aspiration to happiness, so that we may finally find it, in Him. And even if, while waiting, human beings seek it in all the dark places, in the sewers, the swamps, and the cemeteries, one day they will understand that they must search for it in the higher regions, in the form of purity and light. There, yes, they will find it, and they will be truly happy.

(DECEMBER 9, 2003)

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The feeling of loneliness is one of the most terrible forms of suffering that human beings can experience. Each of us needs to find someone with whom we can share our thoughts, feelings, and aspirations, someone with whom we can exchange harmoniously every day. This ideal being is obviously very difficult to find, and many books have explained the anguish and suffering experienced by the failure to discover what some have called the twin soul! But, in reality, the human soul can only be filled definitively and completely by God. If you wish to conquer solitude and to feel that you are not alone every day, that you are surrounded by beings who love and understand you, and that you yourself are filled with a great presence of joy and light, you must unite with God. But you must unite with God in His manifested form, which means to unite with His wisdom, His love, and His truth. For the person who places love in his heart, wisdom in his head, and truth in his will, solitude no longer exists. **(DECEMBER 16, 2003)**

Try to forget all the things you lack. How can you feel lonely, impoverished or humiliated when you have the opportunity of using your thoughts to embrace the whole universe and unite with all the luminous entities that live therein? No one can take away these treasures from you. What does it take to make you understand that you live in affluence and that you can also help others with this abundance? Learn to be generous, give your wealth and even your material wealth if you can. Otherwise you will spend your time trembling, fearing to lose it, and will end up forgetting the existence of unhappy and needy people. Go ahead, distribute! You will not be afraid anymore if some public shares go down or some currency devaluates, etc., while your good deed will be inscribed up above in the Book of Life; and one day it will come back to you in an enhanced form. **(AUGUST 1, 2001)**

Someone says: 'I want to save my soul', and in order to do so, he believes he is justified in distancing himself from others. Well, this ignoramus must learn first of all that it is impossible to save oneself on one's own. Why? In the first place, we can never be creators on our own. To have a child we must come out of solitude, which is a sterile state, and find someone else, a woman or a man. Those who wish to remain alone will not only fail to save themselves but will also reap sterility, an abundance of it! To be saved, to enter into the light of God, we must unite ourselves with all those on earth who think of him, who pray for his kingdom and who have decided to work for its coming. **(OCTOBER 2, 2005)**

Inner force, balance, peace and happiness all depend on love. You must feel that love is always there within your reach, that is in you and that you have, therefore, no reason to believe you are weak, poor and lonely. If you have this feeling of loneliness, it proves that you are not free from the physical plane. As soon as you enter onto the subtle planes, especially the regions of the soul and spirit, you cannot feel lonely; the universal Soul and Spirit are always there close to you, within you and you can communicate with them at any time. Whereas with a man or a woman – even the best – can you be sure that, one day or another, they feel not have other commitments and be forced to leave you?

And so, even if you have found the most wonderful person on earth, do not fix your mind on him or her. Be grateful to Heaven for having met such a being, but know that you will experience true love only when you manage to find it in the regions of the soul and the spirit.

(DECEMBER 2, 2001)

Spring, summer, autumn and winter – each season corresponds to events in our psychic life, and it is winter that symbolizes life's difficulties. In winter, all the forces in plant life descend and concentrate in the roots where they carry out a great work. The roots correspond to the subconscious. In winter, that is in periods of difficulty, suffering or solitude, our forces withdraw

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inside us, into our subconscious, where they prepare great changes. To live in winter is certainly difficult, but it is in winter that spring is prepared; soon these forces will be freed, and once again there will be blossoms everywhere and an abundant harvest. Thus, we must simply be patient and wait for the currents to rise once again into our consciousness and superconsciousness. But in order to facilitate this process, certain laws must be understood: during this cold period, you must neither complain, rebel, nor become discouraged, but simply light the fire within you, in order to rekindle your own heart and the hearts of everyone else. **(DECEMBER 21, 2004)**

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Encyclopedia Initiatic Science

Book 50: Christ, Christians and Christianity

If someone decides to follow the divine path and never falters in his decision, the Twenty-Four Elders see that he speaks their language, the language of stability, and they may alter the fate decreed for him. But they are in no hurry; they say, '*Let's wait and see if he perseveres.*' And when they see that he continues faithfully on the right path, they are practically forced to rewrite his destiny and bring it under the rule of Providence or Grace. Grace belongs to the Sephirah Chokmah, the Sephirah next to Binah on the Sephirothic Tree of Life. The Twenty-Four Elders get in touch with Chokmah and send on this person's file, with a note of recommendation. The reign of Providence begins with Chokmah; all the other Sephiroth are under the rule of Justice and Karma, but when one enters Chokmah, the region of Christ, one comes under the rule of Grace, the rule, that is to say, of freedom. **(JANUARY 2, 1988)**

The cup of the Holy Grail symbolizes man who has achieved his goal of becoming the permanent dwelling place of the spirit. According to the legend, this cup was carved out of a single precious emerald and was used to receive the effusion of Christ's blood. An emerald is green, the colour of Venus, the feminine principle; blood is red, the colour of Mars, the masculine principle. The Grail, therefore, is a symbol of the union of the two principles, masculine and feminine, Mars and Venus, but in their highest aspect, in which they are identified with the Sun and the Moon.

A disciple's ideal is to become the chalice of the Grail and be filled with the condensation of Christ's love. To achieve this he has to refine the matter of his own being until it becomes so subtle and so precious that it vibrates in harmony with the spirit. This harmony exists in every region of space thanks to the combined activity of the masculine and feminine principles. **(JANUARY 4, 1988)**

Disciples often ask themselves why they do not feel more in touch with their master, why they are not better able to feel or hear him inwardly. It is because they allow currents to circulate between themselves and their master that disturb communications and prevent his thoughts and words from reaching them.

And the relationship between human beings and God is the same. If you are not vigilant, if you allow impurities to accumulate within you, they create an opaque screen which prevents you from picking up and deciphering celestial messages. You can place the Christ between God and yourself, or you can put the Holy Spirit, angels, archangels, the sun or a great master between you and God. Communication will not be hampered by these beings: on the contrary, they will act as amplifiers. But be wary of everything else you place between the Lord and yourself. **(JANUARY 14, 2000)**

Every earthly manifestation has its source, its roots, on high in the divine world. Nothing that we build on earth can survive if we do not first take care to secure its foundation in the spiritual realm. Since this holds true for political and social institutions, all the more reason it should apply to religious institutions as well.

And yet, what do we find? Over time, Christianity has become a sort of museum where we can read the entire history of architecture, painting and music. There is so much at which to marvel, it is true, because it translates the fervour of the past, but now only vestiges remain, and the

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spirit has been lost. It is normal for the spirit to manifest in matter in a suitable way, but what we see today is no longer the manifestation of the spirit in matter but, on the contrary, matter which has engulfed and paralysed the spirit. Where now is this ardour, this fervour that was once able to create such masterpieces? **(JANUARY 17, 2004)**

In order to console Christians, the Church tells them: *'You are poor, weak and sick, but have hope and faith, for God's love is infinite, and one day you will be on his right side in Paradise.'* So God's circle must be made up of poor, pitiful devils dressed in rags! Unfortunately for Christians, God wishes to be surrounded only in splendour, with the most luminous, the most powerful and the purest beings. Therefore Christians should not count so much on experiencing in Heaven all the bliss they have not known on earth. They should work instead to activate the spiritual powers within them, which will enable them to obtain light, love and joy. When you sow a seed, all the powers of Heaven and earth are present to sustain your work, and you will soon have flowers and fruits. But if you have sown nothing, nothing will grow, even if you have hope and faith. **(JANUARY 26, 2004)**

A country is like a river in which a great variety of souls are destined to meet at a certain period, just like streams meeting in a river. Some of these souls have already lived in this country but most of them come from somewhere else. When people, in the name of love for their country, think they are right to despise or even hate other countries, they are ignorant, they do not even suspect that, in some other incarnation, they were citizens of those countries and held the same stupid narrow-minded views about the country they now want to defend! ... A country is our homeland only for this incarnation. Many French people hated Germany or Great Britain without realizing that, in a past incarnation, they were themselves German or English, and hated France at that time ... This law is the same for all countries around the world and applies to religions as well. For example, many Christians hate Jews or Muslims and cannot imagine for one second that they were Jews or Muslims themselves in another incarnation. And the same applies to Jews and Muslims in relation to Christians. The experience of belonging to a country or a religion is always limited in time. **(JANUARY 28, 2001)**

Between man and God there exist spiritual beings, which the Christian tradition, inspired by the Jewish tradition, refers to as the angelic orders. The word 'orders' implies there is a difference in level between these entities. In descending order, their names are: Seraphs, Cherubim, Thrones, Dominations, Powers, Virtues, Principalities, Archangels and Angels. The angels, in other words, are the closest to human beings and this is why they have been charged with watching over us. The Seraphs and Cherubim at the top of the hierarchy on the other hand are not even aware that people inhabit earth and will never be given the task of staying with us. They concern themselves with solar systems and galaxies and very rarely does one of them go to meet a human being. A Seraph travels through space at the speed of lightning, if you happen to be in the right place, vigilant and ready to seize some of its celestial radiations, you will be so enlightened, bedazzled, that the effects will persist for the rest of your life. But you will never stop him; he will continue his journey through the infinite space. **(JANUARY 29, 2002)**

Christians tend to despise polytheist religions and their multitude of divinities, without realizing that they themselves have a whole pantheon of saints whom they pray to and worship. The custom of invoking spiritual entities endowed with different powers goes back to far distant times, and Christians have merely continued this custom.

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This makes it clear that God is so inaccessible that even Christians need to approach God through intermediaries. But instead of turning for help to the saints, some of whom are legendary figures who never existed in reality, why not turn to the Heavenly beings? These beings are to be found amongst the angelic hierarchies – Angels, Archangels, Principalities, Virtues, Powers, Dominations, Thrones, Cherubim and Seraphim – all mentioned in the Christian religion, and even in the Mass, but Christians have not paid any attention.

It is important to get to know these hierarchies – what they are, where they are to be found, and what powers they possess. **(FEBRUARY 2, 1998)**

Thousands of theologians have depicted the devil as God's unconquerable enemy, so they conclude that God is not the all powerful Master governing the universe: since some entity is able to defy Him, logically that entity must be as powerful as Him, or even more powerful. Perhaps this thought never occurred to them. But it is so, and here is the proof: throughout Christendom, right through the middle ages and way beyond, whenever men or women showed exceptional faculties they were accused of making a pact with the devil to receive diabolic gifts. Unfortunately, the church contributed to the spread of this belief. Yes, the church is responsible for the position accorded the devil in Christianity. Prophecies, the healing of the sick, or divine inspiration were all presumed to be the work of the devil, and not of Heaven. So it is not surprising that some people did, in fact, seek to make a pact with the devil: what would be the use of serving some incompetent God, since the church proclaimed that all knowledge and gifts were provided by His enemy – the devil? In a way, their reasoning is correct: but without the true initiatic knowledge of good and evil, we too could easily jump to absurd conclusions of this kind. **(FEBRUARY 26, 1999)**

When fire approaches something it causes it to expand, to liquefy or even to turn to vapour. Similarly, when man exposes himself to the rays of the spiritual sun, it warms him and that warmth, that love is communicated to all his cells and causes them to expand and be spiritualised. In this way, little by little, he begins to vibrate in harmony with the spirit. And when the spirit sees someone who understands it, who sings the same music, it is drawn to that person. This is why, in many religions, the spirit has been portrayed as a lover, a spouse hastening to join his beloved. The ideal of a human being, whether man or woman, is to become the betrothed of Christ, in other words, to be inwardly receptive to the divine principle.

(MARCH 6, 1988)

Contrary to what Christians have believed for centuries, and to what some continue to believe, there is no eternal damnation for human beings. What can happen, although it is very rare, is this: when a person takes pleasure in evil and persists in working consciously against God's plans, against the light, he becomes so overburdened, so shrouded in darkness, that finally he creates a separation between his human and divine souls. The divine soul, in the form of a spark, leaves him and returns to the ocean of primary light. Then the human soul, deprived of this spark, disintegrates and disappears. Otherwise, whatever sins or transgressions (May have been committed, the human soul is able to purify itself, thanks to its connection with the divine soul, which always seeks to lead the human soul toward the light. **(MARCH 13, 2000)**

All creatures have to eat and drink to stay alive and then they have to eliminate the waste. What does this waste consist of? All the elements that are no longer of use to the organism. But these elements were contained in food and drink that were good since they enabled them to stay alive. Yes, and this is a fact of everyday life that is worth some contemplation. Whatever the quality of

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what we eat and drink, there is always waste and this waste needs to be eliminated, and for this there are specific places. This phenomenon occurs in all planes and at all levels of creation. It could therefore be said that hell, with all its inhabitants, should be looked upon as the place where the impurities of all creatures amass. This hell Christianity has talked about for centuries, depicting it in phantasmal shapes and colours, is in fact the 'tip', where evil – i.e. the impurities expelled by all creatures – is discarded. **(MARCH 15, 2002)**

The mystery of the death of Christ on the cross is reenacted in the universe when the spirit enters into man. The cross that the spirit has to bear is matter. When the spirit enters man, it is taking up its cross, matter, which is the synthesis of the four elements. The alchemists' crucible and the cross are one and the same thing. The spirit is at work in the crucible of man to transform all that is in him into gold. When an alchemist attains the knowledge of the nature of metals and the formulas for their different combinations, he becomes free to leave his prison and journey through space. In order to free himself, he has to know his cross, in other words, to know himself and the different elements of matter. *'Know thyself'* is simply another way of saying, 'Take up your cross He who knows himself frees himself and becomes immortal'. **(APRIL 1, 1988)**

Human beings in their ignorance and pretentiousness imagine that it is they themselves who have created the institution of marriage. No! Marriage is a cosmic phenomenon that is celebrated first of all on high between the Heavenly Father and his Wife. And because human beings have been created in the image of God, they repeat this cosmic event in an instinctive and, unfortunately, unconscious manner. Christianity is still a long way from understanding this truth. For Christians, God is uniquely a masculine principle. Well, no, they are mistaken. If man seeks woman to unite with her and create, it is because God also has a wife with whom he unites and creates. His wife is the divine Mother, Nature, Cosmic Matter. Obviously, you must not imagine that the wife of God, the Cosmic Spirit, is like a woman of the earth, extraordinary as she is. This lofty reality exists at the level of principles. But the law is absolute: everything which is below is like that which is above. Therefore, everything which takes place below is in the image of that which takes places on high. **(APRIL 2, 2003)**

Christians think of the cross as a symbol reminding them of the death of Jesus: but in fact it has a far greater significance. True, it recalls the death of Jesus, but this is only one aspect. The crucifixion was a historical event, but the cross itself is hugely symbolic – a cosmic reality – and we must understand its wider importance. The widest and most profound purpose of the cross is to demonstrate the union of the two principles, masculine and feminine, and their work together throughout the universe. Another shape can be formed from this symbol: the hexagram, or Salomon's seal, made of two interwinded triangles. Here, triangles have take the place of the straight lines of the cross, adding fresh meaning to its significance, but the idea is always the same, and the same law always applies: the work of the two principles. **(APRIL 2, 1999)**

The Rosicrucian symbol is a red rose in the centre of a cross. The rose represents the heart, the fully developed heart-chakra in man, who is seen as the sublimated cross. Man develops this chakra by his love which has the colour and perfume of the rose. The Rose-Cross, therefore, is the symbol of the Initiate who has worked on himself until lie has succeeded in bringing the divine, pure, vivifying love of Christ to full flowering in his own heart. An adept of the Rose-Cross knows not only the secrets of the cross, but also those of the rose blooming in its centre. The cross with the rose in its centre represents the perfect human being who not only possesses the

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science of all the elements of which lie is composed and his relation with the cosmos, but who is also capable of pouring out Christ's love from his heart. **(APRIL 4, 1988)**

A great many Christians imagine that their faith will save them. No, that would be far too easy: anybody can have faith and still live an evil life. Many criminals believe in God, but their faith will not save them. Faith that is not expressed by the corresponding attitude and behaviour is virtually useless. A person's faith is really powerful only when his actions are in conformity with what he believes. Let me give you a very simple example: suppose you firmly believe in the efficacy of a drug, but you don't actually take it. Obviously it cannot do you any good. But if you take it, thanks to your faith in it, it will be twice, three times, ten times more effective than if you took it without believing in it. Faith cannot do everything, it opens doors and windows-, it blazes the trail for you. But if you have not got the strength to walk, you will just stand there, gazing down the open trail. **(APRIL 9, 1988)**

If all the knowledge acquired over the years by physicists, chemists and astronomers of the past had not been passed down, where would research be today? Imagine if a chemist had first to discover the composition of water before he could set to work on his own research project. We are fortunate enough to have a patrimony in the intellectual and physical spheres which we recognise, but we forget the patrimony we have received in the spiritual world. We are nothing without the patrimony left to us by the initiates and great masters. Without them, we can only take faltering steps. What can we achieve by ourselves, relying only on our own – so limited – experience and our own – inadequate – efforts? Nothing, because we are weak and blind. We must therefore learn to rely on beings who are above us, the great masters of truth, and unite with them so that they (May communicate to us their – inconceivably extensive – experience. Through them we will be united with the truth, with Christ, with God Himself. **(APRIL 11, 2002)**

If you are asked to work for unity, to live in harmony with one another, the intention is not that you should let yourself be absorbed by the collectivity. No, on the physical plane you each have a body which belongs to you and which allows you to lead an autonomous life. But while maintaining your own individuality, you must strive for unity in the emotional and mental world, in the spiritual world. Consider the cells of the body: they are not identical, they do not perform the same functions. A heart cell is not a stomach cell. Each keeps its individuality, but their affinity, the bonds between them, create the state of harmony which we call health. Is this so difficult to understand? You cannot ask a black person to become white, nor a Muslim or a Buddhist to become a Christian. It is true that the Christians sent missionaries to convert the Indians, black Africans, Oriental and so on, but for the most part this did not produce good results. This is because everyone must retain their own particular characteristics, their differences, but at the same time there must be an understanding between them so they form a whole, a unity in the divine world. **(APRIL 16, 2000)**

For centuries Christians have been taught that earth is a place of iniquity and that the physical body is an instrument of the devil; only Heaven and the salvation of their soul count. What lack of understanding! And most of those who accepted these theories neglected their body and ended up desiccated and fossilised. They thought of themselves as being sublime, but people who do not take on life on earth can have no true life in Heaven.

The age of Aquarius, however, brings a different philosophy. Aquarius teaches that human beings should look towards Heaven without turning away from and losing sight of earth. We must look up at Heaven and bring down from it all that is beautiful, pure, luminous and eternal.

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We in turn shall then become a mirror of Heaven, a conductor of Heaven, a garden, an orchard, a sun. Why should Paradise only be above and misery, poverty and ugliness only be down here on earth? No, from here on in things will be different and beauty will descend on earth, and everything – the stones, the plants, the animals and human beings – will be radiant.

(APRIL 17, 2002)

Christians rely on the Lord and on the Angels, Saints and Prophets, and look at them: they are always poor and ill and in darkness! Why do those they rely on not come and help them? Because they have never done anything to earn that help. They are like a gardener who has not sown any seed: he can call on the Lord for help as much as he likes, but that will not make anything grow. The Lord has established certain laws which human beings must learn, and if they refuse to learn them, that is not the Lord's problem: He is not going to worry about how to please them. But if they plant something, even one solitary seed, then all the laws of nature will contribute to making it grow. First and foremost, you must count on your own work, and only when you have done your part, can you count on getting help from the Lord, that is to say, from the laws that He has established from the beginning of the world.

(APRIL 30, 1988)

It is written in the Gospels: *'Seek and you will find. Ask and you will be given. Knock and it will be opened.'* But it would be better if we could say: *'Do not seek and you will find. Do not ask and it will be given to you. Do not knock and it will be opened to you.'* Does this surprise you? Of course it does, because we usually meet people who look without finding, ask without receiving, and no doors open to them when they knock. But this maxim becomes reality if we apply the Commandments and live the Christ life. Because we no longer need to ask, Heaven watches over us continuously, knows what we need, and provides it spontaneously. Moreover, we do not have to continue our search because, thanks to this divine way of thinking, acting and feeling, we find truth. Finally, we do not have to continue knocking: we are living a life of perfection, so the invisible world opens every door to us, and grants us freedom.

(MAY 4, 1999)

In its original sense, charity, which is a theological virtue, refers to the love of man for God, which of necessity calls for neighbourly love. Unfortunately, this word has lost its sublime significance over time, and what we now call 'charity' is expressed in actions which may not be accompanied by feelings of true love. Many people 'do charitable works' because their church and family have taught them that they must give to the poor, help the unfortunate, and so on. Charity is thus often the product of one's training, but has nothing to do with goodness. How many 'charitable' people poison the lives of their family and friends! There are many of these charitable people, but we meet very few who are truly good. Christians, therefore, must make the effort to rediscover the original meaning of the word 'charity', for those who love God must also love Him through their neighbour.

(MAY 6, 2004)

Each religion sets apart a particular day of the week for worship. For the Christians it is Sunday, for the Jews, Saturday, for the Muslims, Friday. Is there any real difference between these days? No, none. All the days of the week are sacred; all the days of the week are divine. Friday is a day for doing good, Saturday is a day of doing good, Sunday and all the other days of the week are days for doing good, days that must be sanctified. What would be the point of religion if you spent six days of the week breaking all the laws, and then on the seventh you went to church or to the mosque or synagogue to have all your crimes washed away? The idea is grotesque! You cannot advance on the path of wisdom, love and purity if you only go to church

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one day a week: you need the whole week! Try to understand that you must spend every day and all day in God's church, because God's church is the whole of creation. **(MAY 7, 1995)**

There is an universal law: to survive, we must know how to renew ourselves continually. And if the Church is now in the process of losing ground, it is because it has not renewed itself. For centuries it has continued to cling to old, outmoded ideas which should be abandoned. Obviously, the principles on which the Christian religion is founded can never be replaced; better principles than those found in the Gospels do not exist. But to these principles so many beliefs and practices have been added, and it is these additions that no longer have any reason to exist.

Many people also abandon the Christian faith because they find that science contradicts and obliterates the teachings of the Gospels. Well, this is too a mistake, because anyone who understands the discoveries of science will see that they only underline the truths of the Gospels. It is now up to the Church to broaden its point of view and show that scientific truths can never destroy the truths of faith. **(MAY 20, 2000)**

Between humanity and God there exists a hierarchy of highly evolved beings which the Christian religion refers to us as the hierarchy of angels. Beginning with the highest, they are the Seraphim, Cherubim, Thrones, Dominations, Powers, Virtues, Principalities, Archangels and Angels. All of these orders serve as transformers for the powers emanating from the Creator. The Cherubim and Seraphim, those closest to the Lord, represent His love and wisdom. This love and wisdom descend, passing successively through the other orders – the Throne, Dominions and so on – to the Angels who transmit them to us in the form of life. Yes, the energies we receive and which make us living beings are passed to us by the Angels. You must meditate on the transformation of the divine quintessence through this succession of beings extending from the Throne of God until it reaches us.

And in this perfect construction that is the universe, each planet is also a special transformer, just as in our bodies each organ transforms energies and sends them on to another organ. Yes, because the phenomena occurring in human beings are the same as those which occur in the universe. **(MAY 22, 2000)**

Cling to this idea that you can find God only within yourself. Look for Him, think of Him, love Him, because in this way you will receive extremely potent energies that will enable you to advance steadily on all of life's paths. Christians sing the psalm: *'The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside still waters.'* Yes, but they repeat the words mechanically, unconsciously, not realizing that they are magic. This shepherd is within them, and because he is within them, he extends his power and his protection to the immense flock of their cells, to which he gives food and drink. Nothing is more important than the consciousness of the presence of God within. Thanks to this presence, to the idea of this presence, everything becomes ordered, serene, attuned, balanced and harmonious.

(MAY 25, 2003)

Most human beings behave as if they were the only living creatures who are truly evolved. They consider animals, plants and stones to be beneath them, and they picture God somewhere very far away – if they believe in Him at all!

They ignore the existence of all the beings that form a link between God and themselves. They may have heard about the angelic hierarchies, but even if they are aware of them, they rarely give them a thought, or try to build a link with them. Roman Catholics and Orthodox Christians

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communicate with the saints, and that is good, but even the greatest saints are only human beings, and people tend to worship them in a way reminiscent of pagan ritual. So be aware of the existence of these angelic hierarchies, and link yourself to them, because they alone can lead you toward God. **(MAY 29, 1998)**

A religion is only a form through which the spirit manifests, and no form is permanent. Christianity, which was born in the Middle East, received at its inception certain elements from the Greek and Latin cultures. These were added to elements inherited from the Jewish religion, which itself had been influenced by the religions of neighbouring countries such as Egypt and Mesopotamia. A religion is never born from nothing; it takes on elements from previous religions and is itself transformed as it spreads far from its place of origin. The peoples of Africa, America and Asia who have been converted to Christianity, for example, have added elements to it from their own cultures.

Whether we like it or not, religions change. Even if the same sacred texts are still used, an ever-widening chasm exists between what people read and how they think and behave. Evolution is the law of life, which is why desperate attempts to perpetuate the forms of a religion are unreasonable. **(JUNE 17, 2004)**

Anyone who strives in their inner life to give priority to the activity of the higher Self are already participating in the cosmic work of Christ, of God Himself. Yes, this activity which takes place in another sphere, most often without our knowledge, is something mysterious.

When you are absorbed in your daily tasks, you do not know what the spirit within you is doing. One day, perhaps, when your mind is sufficiently developed, you will become conscious of the work your spirit carries out in all regions of the universe. For the time being, it is essential to re-establish your link with it. How? First of all, during your meditations, pacify the inhabitants within you and put them in the service of love and light. Gradually this work will take place naturally, without your having to think about it, and because of it you will reunite with your higher Self which is a quintessence of God Himself. **(JUNE 20, 2004)**

Seven spirits stand before the throne of God. The spirit of life and love, the red ray; the spirit of sanctity, the orange ray; the spirit of wisdom, the yellow ray; the spirit of eternity, the green ray; the spirit of truth, the blue ray; the spirit of strength, the indigo ray; and the spirit of divine love and sacrifice, the violet ray. These are the seven spirits of the divine virtues. The day will come when all human beings will have to study this science of light and colour, the science of the ancient hierophants. It is also the science of Christ. The world was created by light, and by means of light man too can become a creator. If all the other sciences were to disappear one day, the science of light and colours, which are the virtues of light, would remain. **(JUNE 28, 1995)**

In the Book of Genesis it is written that on the sixth day God created humankind and that He created them in His image. But there are very few people, even among Jews and Christians, who take seriously the idea of the sublime future that awaits humankind. So what do they make of this basic truth revealed in their holy Scriptures? If humankind was created in the image of God, we must be logical and accept the consequence. And some of the consequence is in fact that despite all their imperfections, they are promised a divine, sublime future. We have no right to limit the scope of this truth, because otherwise, what future do we envisage for the image of God? **(JUNE 30, 2002)**

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In the same way that you participate in your family life, in the life of your city and country, you must learn to participate in cosmic life. Why do you think you have to be an astronaut in a rocket in order to travel and work in space? The earth travels in the universe carried along by the sun, so human beings are on earth as in a spaceship making its way among the stars. This makes them a cosmic citizens capable of participating consciously, luminously, in universal life. It is time to abandon those limited notions transmitted by your education, family and society, and to embrace vaster, broader and more grandiose ideas: participating in the cosmic work for the light, under the aegis of Christ. **(JULY 1, 2001)**

In their psychic and spiritual lives, human beings are not uniquely men or women as they are on the physical plane. The mystic who contemplates divinity is like a woman who wants to receive a spark, a seed from God. He devotes himself to the light of God; he opens himself to it and then receives this seed in his soul. He carries it within him for a long time in order to give birth in the world to a divine child. In the spiritual realm, a man, like a woman, can conceive a child. By linking to God, he changes polarity; he becomes a woman and gives birth to the child that is love and the child that is wisdom. In the same way, if a virgin who devotes herself to the service of God also prepares herself to marry the Christ, she will give birth spiritually. There are no barren marriages in the spiritual life, but only on the condition that men and women are educated about the laws of polarity. **(JULY 4, 2004)**

For centuries, Christians and Jews have repeated that God made man in His image. They repeat it, yes, but do they really understand what it means? In creating us, God placed within us a quintessence of Himself, a quintessence of the same light, the same purity, and the same power. It is this inner quintessence that initiatic science calls the higher Self. By concentrating on our higher Self, therefore, we link ourselves to God, since our higher Self is a particle of God. Thanks to our efforts to reach this center, this summit within us, we release forces which are capable of vivifying all the cells of our body. And this is God's answer to our prayers, for God and our higher Self are one and the same. **(JULY 4, 2003)**

It is time the Church stopped encouraging the laziness and self-deception of Christians by promising them something that will never happen. They are ill, weak and poor both physically and spiritually and the Church tells them, *'Be of good cheer; it is only for a short time. The earth is a vale of tears but after this life you will dwell for ever in the tabernacles of the Lord.'* Ah, if only it were all so quick and easy! One wonders what they can have done to earn such great rewards! The Church should say, *'Stop being so lazy and start doing something to improve your situation. The reason why you are so miserable today is that you have earned nothing better, but however bad your conditions you can always do something to improve yourself and help others.'* Instead of this it tries to be charitable and console them with lies about a short and miserable life on earth and an eternal life of wealth and glory in the hereafter. Why mislead people in this way? The truth is that the poor wretches will have to return to earth to work and improve themselves. If they have never really done any spiritual work in this life, the next will be just as bad, if not worse! **(JULY 15, 1995)**

Today the Christian and Jewish religions have banned animal sacrifices, and neither cows nor sheep are burned on their altars. However, fire is still present in their churches and temples where they continue to burn incense and to light candles and lamps. Incense is matter that is transformed by fire; and as it burns it releases a perfume. But the burning of incense is significant only if the believer understands that it symbolizes processes which he must activate

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in himself: the conquest of his own weaknesses and lethargy, the purification of his own matter and its transformation through divine fire, so that the most delicious perfumes emanate from his soul. Otherwise, what good is this incense? To give off pleasant scents for the nostrils of those present is fine, but it is not enough. **(AUGUST 1, 2004)**

By rejecting the concept of reincarnation and by refusing to teach it, Christianity is preventing people from understanding divine justice and the way in which it manifests itself. It comes as no surprise therefore, that everything consequently seems senseless. When you do not see the true reason for situations or events, they become incomprehensible and you end up seeing injustice everywhere. Faced with suffering and unhappiness Christians say: *'It is God's will.'* They themselves – unbelievably – have done nothing to cause this suffering; they are not responsible for anything. Only God is responsible. God does as He pleases and what pleases Him is not based on justice.

All Christianity has achieved by rejecting the concept of reincarnation is to make the human spirit lose its way. Whereas with reincarnation everything becomes clear. Reincarnation explains how the law of cause and consequence manifests itself from one incarnation to another. It is no longer the Lord who dishes out good things and bad things in such a way that nobody can ever understand the reason. People become the creators of their own destiny. The greatness, the splendor, the perfection and, especially, the justice of God are thus maintained. **(AUGUST 4, 2000)**

The law of time is implacable; nothing can hold out against it. Just as we observe that a building ages and needs repair, so is this true with regard to human beings. Our buildings (we, ourselves) must be restored, rejuvenated, and enlightened; we must reconstruct them on new foundations. You will say: 'But how can we rebuild our body?' Obviously, this does not mean rejuvenating the physical body, because its ageing cannot be prevented. But this ageing process must be compensated by the construction of the spiritual body, by means of an immutable matter that can only be found very high in the subtle regions. Through meditation and contemplation we can attract particles of this matter and draw them to us in order to build a new body, a spiritual body, the body of glory. This is what St. Paul meant when he spoke of the transformation of the old Adam into Christ. **(AUGUST 6, 2003)**

In certain churches, painters have represented angels with a head and two wings, and many Christians imagine that they will one day live in this form in Paradise. Yes, a head and nothing else, because the liver, the stomach, the intestines, and especially the sexual organs are not, in their opinion, sufficiently noble to enter Paradise with them! Well, they are mistaken: man enters Paradise whole and intact, and if you only knew in what splendor, what beauty, what purity... just as God created him in the beginning. He has lungs, a brain, ears, and eyes, but in another form, or rather in another quintessence, because forms do not exist in these regions, only currents and energies. Everything in him is organized and functions as if he had a stomach, arms, and legs. Nothing is missing, everything is there, even the genital organs, but in the form of faculties, virtues, and forces, because the organs of our physical body are, in fact, the expression of divine virtues. And if you could see this human being, the light and colors endlessly streaming from him, you would never tire of contemplating him. **(AUGUST 9, 2003)**

Many people study dead civilizations, the past history of mankind, and this can be very interesting of course, but it is not an essential. What is essential is the life that flows in the world today. You can make a pilgrimage and go to kneel at the tomb of Christ but it will not do you

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much good because Christ is no longer in his tomb! Christ is a river and that river flows elsewhere today, wherever there is life and love. Besides, do you really believe that many of those who have made pilgrimages to the Holy Land – even many Church leaders – would follow Christ if he came back today? Not only would they be incapable of recognizing him but they would persecute him and clamour for his death, for they have never understood the secrets of life and love. **(AUGUST 11, 1995)**

Christian tradition depicts a human being as accompanied all his life by an angel on his right and a devil on his left. The angel gives him good advice and enlightens him while, on the other side, the devil tries to mislead him so that he may become its victim. One may ask why angel and devil are content to remain quietly beside people, why do they not spring at each other's throat. It would be simpler and the winner would seize the poor fellow concerned. But no, they do not fight, they have respect and esteem for one another, they even greet each other: 'Good day, here you are, how are you?' The devil does not attack the angel of light, nor does the angel strike down the devil. Why? Because in reality the guardian angel and the devil are images that express two realities: a superior and an inferior world; the divine nature and primitive nature. These two natures coexist in man and it is up to each one to decide which of the two nature he wants to express. **(AUGUST 15, 2001)**

Human beings are the only living beings who have the power of speech. This power of speech has caused cultures and civilizations to flower and has given human beings the possibility of omnipotence. True magic, divine magic, is speech that is luminous, harmonious and musical: the expression issuing from God, Christ, the Word. On the Sephirotic Tree, the Word is the second Sephirah, Chokmah, the Wisdom that comes from Kether. In this Sephirah are contained all the elements – the letters and numbers – that God used to create the universe. Christ is the Word of God, the universal key that opens all the doors of life. Those of you who work on speech in order to make it more powerful, alive and harmonious already possess this key. Thanks to it, you can work wonders: first of all on yourself, then on others and then on all nature. Such is the extraordinary destiny that awaits human beings: the power to influence matter by means of the Word. **(AUGUST 23, 1998)**

The spiritual practice that surpasses all others is that of focusing all one's powers on the summit, the Godhead. I know that Christians are not often taught to address their prayers to the supreme Being, they are more inclined to pray to saints and prophets, and dare go no further. Of course, it is excellent to communicate with the saints, apostles and martyrs, but it is better, far better to go directly to the summit, for only on the highest level can real powers be set in motion. When you reach the summit a decree is issued in answer to your prayers, and he who carries out this decree may be an initiate, a saint or a prophet; but it may also be one of your own friends and acquaintances or even an animal or a bird. Yes, your prayers can be answered through animals, nature spirits or the four elements. But you must begin by rising to a level from which you can address the Lord Himself, and the Lord's answer will be passed down to you through a whole hierarchy of beings. **(AUGUST 27, 1995)**

If somebody decides to follow a divine path and continues on that path without weakening, the Lords of Destiny – the Twenty-four Elders, who inhabit the Sephirah Binah – are obliged to accept that this person speaks their language, the language of stability, so they change the degrees that govern him. However, they are not in a hurry; they wait to see how long he perseveres. When he proves his ability to continue advancing faithfully, these Elders are almost

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obliged to make a fresh entry in the book of his destiny, bringing in the element of providence, which means a state of grace. Grace is the Sefirah Chokmah, which is to be found on the Sephirothic Tree just above the Sefirah Binah. The Twenty-four Elders communicate with Chokmah and pass on this person's records with glowing references. Providence, therefore, has its origin in Chokmah. The preceding Sephiroth are subject to the laws of justice and karma, but when one enters Chokmah, where Christ dwells, one comes under the reign of grace or freedom. **(AUGUST 29, 1998)**

Human beings, animals, plants and stones all understand what the sun says, because the language of the sun is the language of light, warmth and life. The language of the sun is the only truly universal language and it is therefore through the sun that God speaks to us most clearly. Do not be misled into thinking that the Africans and Indians have come to understand the Christian language, even though they were sent missionaries. For most of them it has all remained gibberish.

Religion must be built on foundations that can be refuted by no-one and no-one can refute the importance of light, warmth and life. Too much significance has been given to outward conventions and doctrines: ceremonies, rites, liturgy etc. True religion must teach human beings light, warmth and life. And what are light, warmth and life? Wisdom that enlightens and resolves problems; disinterested love that embellishes, encourages and consoles; subtle and spiritual life that makes you active, dynamic and daring in order to create the Kingdom of God on earth.

(SEPTEMBER 3, 2002)

The history of Christendom is full of accounts describing the suffering of saints and mystics who discovered that this compelling force that carried them towards the Lord did not make them into disincarnated beings. On the contrary, the more their soul became inflamed with the fire of divine love, the more their sexual force tormented them and they were unhappy, they struggled and some even went so far as to believe they were possessed by the devil. No, the devil has nothing to do with this. It is simply a question of the laws that govern human nature and one of these laws is that when a certain mechanism is activated in the higher part of a being, another mechanism is automatically activated in their lower part. Indeed, there are so many things you need to know to avoid being misled. When you know what reactions can occur after fervent prayer, ecstasy or fusion with the Deity, you can at least be on your guard. And initiatic science also teaches that there are ways of directing this force and so, thanks to it, achieve the greatest spiritual realizations.

(SEPTEMBER 6, 2002)

Religious leaders who give priority to notions, beliefs and rites which have no relation to the essential realities of light, heat and life are the cause of much misfortune. It is time they turned to the sun and learned from him. The sun is very broad-minded, very tolerant. He says, 'Believe what you see. I pour out my wealth without ceasing.' Human beings are ready to wipe each other out in order to force others to accept their notion of a God none of them has ever seen. You will say that in any case God cannot be seen. Yes he can, you know; a reflection of God can be seen in the sun. The sun is the supreme expression of divine perfection. He never stops giving light, warmth and life to all – Catholic, Orthodox, Protestant, Jew, Muslim or Buddhist – without distinction. In the eyes of the sun all human beings are God's children. Sooner or later, when men can no longer close their eyes to these great truths, they will all come to the one true religion. Christians will begin to understand that Christ is none other than the spirit of the sun. Of course it is not a question of finding Christ in the physical orb that we see in the sky. It is a question of sensing that beyond the symbol of the physical sun is the Lord Himself, overflowing with love.

(SEPTEMBER 24, 1995)

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Publisher Love₍₊₎Wisdom₍₌₎Truth

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The essential truths that Christians need for their evolution are contained in the Gospels. Many people will say they have read them and have not discovered much in them, which is why they are now turning towards oriental teachings. Well, this simply proves that they have understood nothing of the immense wisdom that was destined for them in the wisdom of the Gospels. Yes, I know, people have had their fill of these texts that they know so well, and they want a change of diet, but they must realise that it is dangerous to go searching for it in teachings which were not destined for them, which were not designed for their structure or their mentality. It is the teaching of Christ that is meant for Westerners, but they have not yet either read it seriously or meditated on it. You will say: 'Yes, but I am looking for something else...' Yes, but with what intention? Very often, people follow an oriental teaching as a distraction or to appear more interesting in the eyes of others. But this serves no purpose, and it simply proves that they love the exotic and not the simple truth.

(OCTOBER 31, 2003)

People who work with the principles of Christ, principles that are eternal and unchangeable, belong to the true Universal Brotherhood of Light. They destroy nothing, they do not bring a new religion, but they do abandon forms that have lost their meaning over the centuries.

People who cling on to form prove only they have not understood the principles. They imagine that the form will save them. Well no, because in form we go to sleep. If we want to progress we must not rely on form so much, but work with principles instead. In his second epistle to the Corinthians, St. Paul wrote: '*... for the letter kills, but the Spirit gives life.*' Laziness makes people cling on to the letter, on to form. The spirit periodically breaks the forms to renew them, because it no longer recognizes itself in them. The Universal Brotherhood of Light is not, therefore, a new religion, it is the religion of Christ, but presented in a different form, appropriate to our times.

(NOVEMBER 1, 2002)

Scripture says, '*The Kingdom of Heaven is like unto a merchant man, seeking goodly pearls: who, when he had found one pearl of great price, went and sold all that he had and bought it.*' In his eagerness to possess this one pearl the merchant sold all his possessions – jewellery, furniture, houses, livestock and land. Is a pearl worth so much? Of course we have to see the symbolic meaning of this parable. The pearl represents Christ's teaching, the teaching of wisdom and light, and it is certainly worth selling all one has to possess it. But the word 'sell' must not be taken literally either. To sell means to sacrifice all our superfluous possessions, all those things that encumber us and weigh us down. If we want to approach divine truth we have to be unencumbered and light, symbolically naked.

(NOVEMBER 1, 1995)

If the Church has instituted what is referred to as '*the last sacraments*' or '*the extreme unction*' it is because the moment at which an individual leaves the earth for the other world is of vital importance and it wants to prepare Christians for the long journey they are about to undertake. The priest or pastor tries to bring them back to the fundamental issue as he explains to them it is time to look back at their life, to take stock of their errors, to repent and to find within them the bond that unites them with the Creator. Some will think it is a little late. Yes, there is no doubt that it is a little late, but not too late. Because those who leave their physical body without having prepared themselves for it, without having the faintest notion of life after death, of divine Justice, subsequently suffer greatly because they roam the dark regions of the beyond without understanding what is happening to them. It is terrible to keep human beings in the mistaken conviction that there is nothing after death. Under the pretext of freeing them from absurd beliefs, we are being prepared trials in the other world that are even more terrible than those they have had to suffer on earth.

(NOVEMBER 2, 2002)

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Heaven does not require that people be perfect, only that they work to perfect themselves. One day everyone should be able to say, 'Now I understand. I am sowing these seeds in my soul - luminous thoughts and feelings, the love of a high ideal - and I shall continue to watch over them, to warm them, water them, and nourish them with all that is best in me. I know that the universe is governed by laws, and that according to one of these laws, every seed eventually produces fruit.' This is an expression of true faith. And it means that, whatever religion you (May belong to - Christianity, Islam, Judaism, Hinduism, Buddhism, or any other - until you understand this law and apply it in your life, you do not possess faith but only beliefs, which cannot get you very far. Rather, they can take you a long way, but it is down the road of laziness, failure, discouragement, rebellion, and so on. **(NOVEMBER 12, 2003)**

In the beginning, at the commencement of everything that exists, there was light. And this light is the Christ, the solar spirit. The spirit of the Christ first manifests in the sephirah Chokmah, the highest glory, the Word, without which, as Saint John the Divine says in his Gospel, 'nothing was made that was made'. Then the spirit of Christ manifests under another aspect in the sephirah Tipheret, the sun.

When you go to watch the sun rise each morning, as you link with it, imagine that it is with its spirit that you unite; yes, the spirit of the sun is none other than the spirit of Christ, an emanation of the Godhead. Open yourselves up to the sun: it is not enough just to be there and gaze at it. To have total contact with the quintessence of its light, your spirit must link with it and enter into it. As soon as you plunge into that world of light, a few particles of light penetrate within you and you receive revelations of divine splendour. **(NOVEMBER 13, 1998)**

Many people believe that they are in direct contact with God because they attend church regularly or recite their daily prayers. Would that it were so easy! To claim direct contact with God, we would have to be completely unaware of his inaccessibility! I would not say that we cannot reach some aspect of God but certainly not God Himself. Between ourselves and God there is a great gulf to be crossed, a space so vast it is beyond conception. That space is not empty: It is composed of regions in which spiritual entities live. All religions mention in some way the existence of these regions and these entities.

The Christian tradition, which has its roots in the Jewish tradition, teaches the existence of nine angelic orders: the Angels, Archangels, Principalities, Virtues, Powers, Dominations, Thrones, Cherubim and Seraphim. These angelic orders are each an aspect of divine power and virtue. In order for us to develop spiritually, we need to know about the existence of these celestial entities, because they are like beacons of light along our way. **(DECEMBER 5, 1998)**

Just because you have gained a victory over your lower nature, it does not mean that your triumph is definitive. The situation can be compared to a country which has forced the enemy into retreat: it cannot be sure that they will not renew their attacks. While the conqueror is resting on his laurels, the defeated country is planning its revenge. The same thing applies to the lower nature: even if you have managed on occasion to conquer a few of its manifestations, victory is never fully guaranteed; from one moment to the next, it can rebel and lash out... and you are defeated. So, what should you do? Beg your divine nature, the Christ principle, to come and dwell within you. Instead of always being like a conqueror who is never sure of victory, you will have a powerful ally on whom you can count. And if you are weary at times, a bit sleepy, this ally will hold the lower nature in check. **(DECEMBER 8, 2003)**

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You should never forget that human beings are at the border of the higher and lower worlds. The Christian religion expresses this idea with the image of the guardian angel who stands on the right and the devil who stands on the left. The angel advises and enlightens whilst the devil seeks to lead astray and so make human beings his victim. This is a rather simplistic way of putting things, but that is how it is in reality. In fact human beings have two natures: a lower nature and a higher nature. Depending on their degree of evolution they favour one or the other and that is how they come into contact with the spirits of light. Some people say that they do not believe in the entities of the invisible world. Well, whether they believe in them or not is irrelevant: their lower nature and their higher nature are there and it is impossible not to see them. It is up to each one of us to decide which influence we will accept. **(DECEMBER 16, 1999)**

Many Christians abandon religion because they think scientific discoveries contradict or dispel the truths of faith. Well, this proves they have understood nothing, neither about science nor about religion because, quite to the contrary, the discoveries made by science actually emphasize the truths of faith, which are the truths of initiatic science. In reality there is no conflict between science and religion. They walk together and moreover art walks with them. The three are linked. Science is there to give human beings light, religion to give them warmth and art to give them activity. And because in human beings they are held together, they should neither be separated nor should preference be given to one at the detriment of the other. If God has given human beings an intellect, a heart and a will it is so that they may work together; so that the intellect may do its work in the field of science, the heart in the realm of religion and the will in the realm of creation, of art. **(DECEMBER 19, 2000)**

Our spirit is an immortal spark issued from the bosom of the Eternal. All the powers, all the knowledge of the Creator are contained in it, and if it cannot manifest these powers and knowledge it is because it is restricted by the opaque, crude matter of our physical body. But that is no reason to despise our body, to torture it, as Christians have done for centuries. God has constructed our body using great knowledge and wisdom. It is the greatest instrument we have been given, and if we are able to work on it every day to purify and refine its matter, we give it the capacity to vibrate in harmony with the spirit. People who despise and neglect their body, and those who seek only to derive sensual pleasures from it, are mistaken. Only if we understand that our body's mission is to manifest all the splendours of the spirit, to become the living temple of the spirit one day, only then are we on the right path. How can people imagine that the body God has given us has only one purpose, which is to oppose the spirit, to extinguish the flame of the spirit, the very flame that makes us sons and daughters of God? **(DECEMBER 23, 2002)**

If fire and water work together they produce a force that can be put to work. When human beings discovered this, it enabled them to make great technological progress. They still need to discover the one thing that is really important, however: how to work with water and fire on the spiritual plane.

Water and fire symbolize the heart and the mind, feelings and thought. The heart is feminine and the mind masculine, but as long as human beings do not know how to work with both together they will be unproductive 'celibates'. Their heart pulls them one way and their intellect another, and this means that the force that should be born of their inner unity remains unborn. In order to act effectively in whatever area, it is necessary to be familiar with the two principles, fire and water, emissivity and receptivity. In the divine world wisdom represents fire, and love represents water. Love and wisdom give birth to truth, and the birth of truth is the birth of Christ, the birth of a new consciousness. **(DECEMBER 24, 1995)**

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What do we celebrate at Christmas? The union of the soul and spirit. They unite to give birth to a seed which is the beginning of a new consciousness within us. This consciousness manifests as an inner light that dispels all darkness...as heat of such intensity that, even if the whole world abandons us, we never feel alone...as an abundant life that bursts forth wherever our feet take us. This consciousness is also accompanied by an influx of forces that we wish to consecrate to the edification and construction of the Kingdom of God, and at the same time by the extraordinary joy of feeling ourselves to be part of this immensity, linked to the whole universe and to all evolved souls. And finally, we are certain that no one can take this joy from us. In India, this state is called buddhic consciousness, and the Christians call it the birth of Christ.

(DECEMBER 25, 2003)

Creation is the work of the masculine principle and the feminine principle. As soon as these two poles find themselves in each other's presence they set to work. And because this law applies in all the regions of the universe, it also governs the behavior of human beings. From the moment a man and a woman meet, the masculine principle becomes active, dynamic, whereas the feminine principle becomes receptive. The initiates, who always seek to go much deeper into the understanding of all natural phenomena, have learnt to use this law in spiritual life in order to awaken certain qualities within them. Of course in spiritual life it is not men and women that are at work, but divine principles, and in order to develop within him the feminine qualities of receptiveness, humility, gentleness, goodness and obedience, an initiate puts himself in the presence of the masculine principle, i.e. the Celestial Father. And to develop the masculine qualities of strength, willpower and boldness, he enters into contact with the feminine principle, i.e. the Divine Mother. Because he works on the masculine and feminine powers alternately, an initiate is capable of bringing into the world the divine child, i.e. Christ.

(DECEMBER 25, 2002)

Astrology is concerned only with the position of the stars at the moment of physical birth, but that is not enough. The horoscope for the time of birth is not sufficient to give the whole picture of a person's character and destiny; you also have to consider the situation of the Heavens both at the time of conception and at the moment of his second birth, the moment when the person's consciousness becomes superconsciousness, when, illuminated and renewed, he attains the divine world. But although it is preferable to choose a moment when the signs of the Heavens are auspicious for the birth of a baby into the world, it is not necessary to know anything about astrology in order to be born a second time. It is enough for a man to live in harmony with the laws of love, wisdom and purity, for him to be born a second time and enter into the new life. This is the meaning of the birth of Christ in us.

(DECEMBER 25, 1999 & 1988)

When the infant Christ is born in the soul of a disciple, celestial spirits come to serve him, for he is the royal child, and all Heaven gather round to admire him and give him whatever he needs. Even if the Gospel story of the birth of Jesus is not quite accurate from the historical point of view, it is absolutely true from the symbolic and esoteric point of view, and that is what should be important for us. It does not matter if the star, the angels and shepherds, the crib, or the ox and the ass were not really there, for the symbolism is still true. The star shines, the angels sing and the Magi come with gifts every time the infant Christ is born in a human soul.

(DECEMBER 25, 1995)

Man is inhabited by millions of souls which all have to be born a second time; when all these souls are born within him, man will be truly born.

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Christ said, 'Unless a man be born of water and the Spirit, he cannot enter into the Kingdom of God.' Water must be pure; the spirit must be luminous. Light must be able to express itself through our transparent purity that the image of God can be seen in us. When this has been achieved, when we are truly born of the purity of His love and of the light of His wisdom, then we shall be in the image and resemblance of God.

Every manifestation in life is a birth. But only the soul and the spirit can give birth on the spiritual level. **(DECEMBER 25, 1987)**

Every disciple of an initiatic school can be compared to the knight Percival, who goes in quest of the Grail. But in reality it is within himself he must left this quest for the Grail. The Grail, this cup, is our body and I do not mean only our physical body, but also our astral body (where our feelings dwell) and our mental body (where our thoughts dwell). Since we are alive it means our platter is the receptacle of divine life, of the blood of Christ, the spirit, but this receptacle is not perfect. A great deal of effort is still required before we gleam like the Holy Grail and before we produce the same marvelous effects. According to the legend it is knights who went in quest of the Grail because the virtues needed for this inner work are those generally associated with a knight, in other words, intrepidity, tenacity, loyalty, fidelity and nobleness of character. And our teaching gives all the methods to develop these virtues. **(DECEMBER 26, 2000)**

The syllable OM corresponds to what – in the Western tradition – we call the Logos, the creative Word. In the Hindu tradition, it represents the original sound and is associated with Kalahansa, this cosmic bird that laid the primordial egg from which the universe was born.

OM is a syllable with very powerful vibrations and Hindus use it as a mantra. They repeat it untiringly in their meditations. You too can pronounce this mantra either aloud or mentally. You concentrate on this word without thinking of anything else and repeat, OM, OM, OM ... You can also associate it with a breathing exercise. Inhale through the nose while mentally pronouncing OM four times, then exhale very slowly through the mouth while repeating OM. After a while, you will feel calmer and full of energy.

The syllable OM can also be decomposed as AUM, and it is in this form that we sing it. If we are conscious of the magical power of sounds, we can gradually feel what a perfect form this song produces in our soul.

There is also a link between AUM and the world Amen, which Christians say at the end of a prayer. **(DECEMBER 27, 2001)**

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Book 51: Interpretations of the Gospels

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BOOK 51: INTERPRETATIONS OF THE GOSPELS:

BOOK 51: INTERPRETATIONS OF THE GOSPELS:

THE BOOK OF GENESIS:

In the Book of Genesis, when Moses speaks of the Tree of Life in the Garden of Eden, he is obviously referring to a symbol. This Tree of Life represents our universe, and the fruits of this tree are the qualities and virtues of the constellations of the Zodiac. They are, in order: Aries, activity; Taurus, sensitivity and kindness; Gemini, the taste for study; Cancer, the perception of the invisible world; Leo, nobility and courage; Virgo, purity; Libra, the meaning of cosmic balance; Scorpio, the understanding of life and death; Sagittarius, the link with Heaven; Capricorn, self-mastery; Aquarius, brotherhood and universality; Pisces, sacrifice. These are the qualities of the fruits of the Tree of Life that God gave Adam and Eve as food, and it is with these fruits that we too must nourish ourselves. **(JANUARY 9, 2004)**

The most effective method for connecting oneself with God is to concentrate on the light. God is not light. He is much more than light, and we cannot know Him even imagine Him. But in *Genesis*, it is said that on the first day God created light. Why? So He could use it to create the substance of the universe. Light is therefore the first divine emanation, containing all the qualities and all the virtues of God, and that is why we can know God only through light. So here is an exercise you can do: every day, several times a day, concentrate on the light, imagine that you rest in it, that you melt into it, that you are impregnated with its substance. Visualize the entire universe bathed in this light. And gradually you will feel that this light brings you peace, harmony and strength. **(FEBRUARY 23, 2003)**

The Book of Genesis tells how, when Jacob lay down with his head on a stone and slept, he had a vision of a ladder reaching from earth to Heaven with the angels of God going up and down it. This was how the cosmic Hierarchy that Cabbalists call the Tree of Life, was revealed to him. Heaven and earth are not cut off from each other; there is a constant to and fro of mutual giving and receiving going on. Clairvoyants have sometimes seen beings coming down to earth to work on men, animals, plants and minerals. Some of them stay only a very short time, while others, on the contrary, stay and work for a long time. In our day, very few people believe in the existence of these creatures and the work they do but, one day, the whole of mankind will be aware of the constant interchange going on between earth and Heaven, between the earth and the sun, between the earth and the farthest reaches of the universe and beyond, to infinity. **(MARCH 3, 1988)**

On the Tree of Life music belongs in the Sephira Chokmah, ruled by the Cherubim. Chokmah is the realm of the Word, by which everything was created and the Word is nothing other than fashioned cosmic matter. Sound models and forms matter and this is how God used the Word to fashion formless matter, the 'tohuwabohu' in Genesis. He spoke upon this cosmic dust and forms came into being. The Cherubim received the divine vibration of the Word and this vibration was communicated to every other creature existing throughout space. When we sing the mystical songs of the Brotherhood as a choir, we too link with the order of Cherubim. This harmony works on us, resonating within every particle of our being, communicating its harmonious vibrations and shaping us in the form of perfect beauty. **(MARCH 7, 1999)**

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In the Book of *Genesis* it is written that on the sixth day God created humankind and that He created them in His image. But there are very few people, even among Jews and Christians, who take seriously the idea of the sublime future that awaits humankind. So what do they make of this basic truth revealed in their holy Scriptures? If humankind was created in the image of God, we must be logical and accept the consequence. And some of the consequence is in fact that despite all their imperfections, they are promised a divine, sublime future. We have no right to limit the scope of this truth, because otherwise, what future do we envisage for the image of God? **(JUNE 30, 2002)**

In the beginning of the Book of *Genesis* it says, '*The spirit of God moved upon the face of waters.*' Water symbolizes matter to which the spirit gives form. The primary characteristic of water is its adaptability; it takes any form one gives it. Another characteristic is that it can be impregnated with the rays of the sun, the elements of the earth and certain germs communicated by plants, animals and human beings, with the result that it gives birth to many different creatures. In the same way primordial cosmic matter takes all the forms that the spirit gives it and is fertilized by the seeds of the spirit. Those who know how to work with water, primary matter, become true creators. **(JULY 23, 1995)**

Creation is the work of the number 2. What is this number 2, however? It is the number 1 polarized into positive and negative, masculine and feminine, active and passive. As soon as number 1 wants to manifest itself, it must divide. Unity is the privilege of God Himself, His exclusive domain. In order to create, God – the 1, had to become 2: there is not creation possible in 1 because there cannot be any exchange. God therefore projected Himself out of Himself by polarizing, and the universe was born from the existence of these two poles. The positive pole attracts the negative pole and the negative pole attracts the positive. It is this mechanism of action and reaction which sparks off and maintain the movement causes stagnation and death, the return to the initial indifferent state. The first lines of the Book of *Genesis* tell how creation occurred through a succession of divisions.

- On the first day of creation God separated light from darkness.
- On the second day He separated the waters above from the waters below.
- On the third day He gathered the waters of earth together.

1 is therefore an entity enclosed within itself. In order to be released, the entity must become 2. **(AUGUST 26, 1999)**

It is said in the Book of *Zohar* that the face of the first man was identical to that of the Creator. Later on, when the spirit of rebellion had awakened in him (a process symbolized by the serpent wrapped around the Tree of Knowledge of Good and Evil), he left Paradise. He descended into the denser regions of matter where he learned about cold, darkness, sickness and death, and his face changed. Now that he is no longer the faithful image of God, he has lost his power. The spirits of nature no longer obey him and instead take pleasure in tormenting him. But he must strive to find this primordial face again and, when he does, all the spirits of the universe will submit to him once more. Until then he will continue to resemble the prodigal son of the Gospel parable who, having left his father's house to travel the world, ends wretchedly as a swineherd. But this prodigal son finally concludes that he should return to his Father's house. And one day you too will finally understand that you must return to the Source – to the light, love and life of the heavenly Father – in order to recover your true face. **(AUGUST 8, 2004)**

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It is written in the Book of Genesis that on the sixth day, after having separated the earth from the waters and created the sun, moon, stars, plants and animals, God said: '*Let us make man in our image, after our likeness.*' The universe is the body of God, a body which He animates with His spirit. In the same way, the human being has a body which is a reflection of the universe, and the spirit which animates this body is a spark from the divine Spirit. So God is not a monarch who reigns far from view in some inaccessible place in the farthest reaches of heaven. Undoubtedly there is no being who is more impenetrable or imperceptible, but at the same time He is the closest, for He is inside us. Thus, there is a great work for us to carry out so that we may sense and bring to life this presence within us. Nothing is more precious than the sensation that we are inhabited by God and, then, whatever happens, nothing can shake our conviction.

(SEPTEMBER 4, 2004)

The book of Genesis tells of how Jacob fell asleep one night with his head upon a stone and how, while he slept, he saw in a dream angels going up and down a ladder linking earth with Heaven. This is how this cosmic order, this hierarchy of beings – all the way from stones up to the throne of God – was revealed to him. Cabbalistic tradition represents this hierarchy in the Sephirothic Tree, the Tree of Life.

If most people are troubled and confused, if they cannot make sense of their lives, it is because they have not learnt to respect the hierarchy that Cosmic Intelligence has established for eternity. To know this hierarchy is essential for your inner life. By constantly keeping in mind this idea of an order, a structure, man is obliged to act according to this order, as he understands how he too must find his place in this universal harmony.

(OCTOBER 8, 2001)

ADAM AND EVE

In condensing, the spirit gradually formed a material substance, the raw material out of which it fashioned the countless forms of life that exist today. Spirit and matter are two aspects of God Himself. Matter is as holy and as sacred as the spirit itself, because it is a child of the spirit. The Book of Genesis says that God created Adam and Eve, and this is another way of saying that God created spirit and matter. He created Adam (spirit), and from one of Adams's ribs he fashioned Eve (matter). The initiates, who possess true knowledge, say that matter comes from the spirit, it is born of the spirit. Matter could not have been formed out of nothing; it is the fruit of God's work.

(APRIL 12, 1995)

It is said in Genesis: '*God created humankind in His image, in the image of God he created them; male and female He created them.*' Which means, according to the Zohar, that God created Adam, primordial man, as male and female, in other words having both principles. You will say: 'And what about Eve? It is written that then God created Eve.' Yes, God took the feminine principle from the masculine principle. He objected her before Him. The meaning of this image of God taking one of Adam's ribs and making it into Eve has greatly preoccupied theologians.

Adam and Eve are not a man and a woman. They are symbols. Adam is the masculine principle, who begat Eve, the feminine principle. And what does that mean? That the first principle came out of his state of extreme subtleness in order to condense, and in so doing he created another

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principle, Eve. It is said in Genesis that Adam was created before Eve because Moses, who was an initiate, knew that the masculine principle always manifests first. He is first because he is the creative principle: He is the basis of creation and therefore also the basis of all matter. Matter is a condensation of the power of the spirit which Moses describes by means of an image: Eve drawn from one of Adam's ribs. Matter is a condensation of the forces of the spirit and that is why, symbolically, the feminine principle always comes after the masculine principle.

(NOVEMBER 5, 1999)

In the Book of Genesis it is said that God '*breathed into Adam's nostrils the breath of life*' and that '*man became a living being*'. Thus man's life began as a breath given by God. And it is true that for each human being life begins with an inhalation. As soon as a child leaves the womb of its mother, the first thing it must do in order to become an inhabitant of the earth is to take a breath: it opens its little mouth and cries. Everyone hears it and is happy that everything is fine, it is alive! Because as a result of this inhalation, its lungs fill with air and begin to function. And conversely, when we say that a person has breathed his last, everyone understands that he has died. Breath is both the beginning and the end. Life begins with an inhalation and ends with an exhalation, and between these two moments, a long succession of inhalations and exhalations sustain the life within us.

(FEBRUARY 5, 2004)

It is said in the Book of *Genesis* that when God created the first man and the first woman, He gave them a name: Adam and Eve. He then took the animals and plants He had created to them to see what they would call them. Why is giving a name so important? Because the name represents, summarizes, contains the entity that bears it.

When a being succeeds in elevating himself (or herself) to a higher degree of consciousness, he is given a new name. This is because he is a regenerated being. He is born a second time and must be given a name that corresponds to this second birth. Through its vibrations, his new name expresses exactly the quintessence to his spiritual being. Every man, every woman has a name given to them by their parents at birth, but in the majority of cases this name corresponds to almost nothing. Whereas the name they are given by the celestial entities is exactly what they are in the depth of their being.

(AUGUST 9, 2002)

Consciously or unconsciously, every human being seeks his soul mate. In fact, our soul mate is our self, the other pole of ourselves which lives on high close to God in perfection and fulfilment. This is why in all the initiations the disciples were taught how to rediscover themselves. In India, the methods of Jnani-yoga enable the yogi to unite with his higher Self, for by uniting with our higher Self we become united with God Himself. In Greece we find the same idea expressed in the formula inscribed on the front of the temple at Delphi: 'Know Thyself'. This phrase, in fact, does not have the meaning usually attributed to it: accept that you are a human being and that as such you are limited. True knowledge is a fusion of the two principles. This is the meaning of the words in Genesis: '*And Adam knew Eve*' or '*Abraham knew Sarah*'. '*Know Thyself*' thus means: find the other pole in yourself, your complementary half. If you are a man, the other pole within you is the feminine principle and, if you are a woman, it is the masculine principle, with which you unite in purity and light.

(OCTOBER 13, 2004)

In the Book of Genesis, Moses recounts the expulsion of Adam and Eve from Paradise after they have disobeyed God. But this is only a means of explaining the descent of human beings into matter. This descent, in fact, was neither a mistake nor an accident; it was foreseen by Cosmic Intelligence. Why? Because in order to attain knowledge in its totality, human beings

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were required to develop their intellectual faculties; and in order to develop these faculties, they had to devote themselves to the exploration of matter, which meant placing themselves in conditions which temporarily diminished their perception of the spiritual world. Human beings today find themselves at this stage of their evolution: they are immersed in materialism. But it is not the final stage: when this experience is complete, they will return once again to the regions of the soul and spirit which they left behind, and thanks to all they have experienced in the material realm by way of the intellect, they will return enriched. **(OCTOBER 27, 2004)**

The sign of Mercury is made up of three elements: the sign of the sun, the moon and the earth. The circle represents the sun, the masculine principle. Above it, the semi-circle represents the moon, the feminine principle, like a rib taken from the sun; for it is said in Genesis: *'So the Lord God caused a deep sleep to fall upon the man, and he slept: then he took one of his ribs and closed up its place with flesh. And the rib that the Lord God had taken from the man he made into a woman and brought her to the man.'*

Mercury represents the merging, the intelligent fusion of the masculine principle and the feminine principle, the sun and the moon, united with the sign +, which is the sign of the earth. One of the many variants of the symbol of Mercury is the caduceus of Hermes, which is a wand with two serpents twined round it. It symbolizes the ability to heal souls and bodies, which is why it is now also the symbol for doctors and pharmacists. **(JULY 25, 2002)**

In the Book of Genesis it says that God created man in His image. How many human beings are aware of being bearers of God's image? Most of them have left an accumulation of so many layers of impurities upon this image that the features have almost disappeared. The day man manages to bring it to light again within him, the spirits of nature will enter his service. When he has to make a request, they will be happy to grant it because they will see this image – the only one they respect.

If they do not see within you this image, not only do these entities oppose you but they can also annihilate you. This is how black magicians who wanted to command the spirits of nature became their victims: the spirits took revenge and tore them apart because they dislike obeying people who have no love, purity or light and who try to impose themselves upon them with the sole energy of magical conjurations. They have respect for only one power: the light that the initiate projects when he has succeeded in making God's true image come to light within himself. **(AUGUST 26, 2001)**

'In the beginning God created the heavens and the earth'

In order to understand the wealth of meaning contained in the number Ten, one must study both the One and the Zero separately. This study reveals that each digit has its own particular nature, its own particular function, and that they have specific work together. To understand this work, we have to realize that they are not simply placed side by side, but that the One penetrates the Zero in order to give it life and set it in motion. This notion is also expressed by the symbol of the dot in the centre of a circle.

Genesis begins with these words: *'In the beginning God created the heavens and the earth, and the earth was a formless void; and darkness covered the face of the deep, and a wind from God swept over the face of the waters.'* The wind, or spirit, of God is the masculine principle, which

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hovers over matter – symbolized by the waters – in order to fertilize it. Water is the circle, the 0, and the spirit of God is the dot, the One. Unless it is animated by the Spirit, matter remains 'tohu vabohu': formless and void. But when matter is overshadowed and fashioned by the spirit, all the potential it contains begins to manifest, and it becomes a universe, with suns, constellations and nebulae. Our universe therefore represents the Ten: matter, zero, which has already been given life, fashioned, and organized by the One, the Spirit. **(FEBRUARY 13, 1999)**

Genesis says: 'In the beginning God created the heavens and the earth.' Heaven and earth, and the relationship existing between them, are symbols which need interpretation. Heaven and earth represent the two principles – masculine and feminine – emissive and receptive. These principles unite, and from the union children are born. Everything on earth is a product of the union of these two principles, the union of Heaven and earth. If earth cuts this link with Heaven, earth cuts all link with life, and if it no longer receives divine energy, it turns into an arid desert. Heaven and earth – the masculine and feminine principles – are realities in the sublime realms on high: all the intervening regions and domains, right down to the physical plane, mirror these two principles – Heaven and earth, masculine and feminine. Wherever we look we see nothing but the union of these two principles. **(FEBRUARY 18, 1999)**

'In the beginning when God created Heaven and earth, the earth was formless and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.' What do these first lines of the book of Genesis mean? Before creation, the universe was an expanse of chaos and darkness, described by the words 'formless' and 'void', 'darkness' and 'the deep'. But hovering over this chaos moved the Spirit of God.

Water is the symbol of primordial matter. Fire, the divine Spirit, fertilizes this matter in order to extract from it all its riches. As the spirit fertilizes matter, new creations gradually take shape and the Spirit discovers its powers and comes to know itself. Thus, if you ask me why God created the universe, I will reply: 'In order to know Himself.' The Cabbalah teaches that God wishes to know Himself through His reflection, and it expresses this idea through the image of water in which the face of God is reflected. Of course, the question remains: 'Why does God want to know Himself through matter?' That is the mystery. **(JUNE 2, 2003)**

In the beginning ... God created the Heavens and the earth, ... The entire initiatic philosophy is contained in these first few words of the Book of *Genesis*. The Heavens and the earth ... The Heavens represent the spirit and the earth represents matter. It is for good reason that Moses first mentioned the Heavens and then the earth, because Heaven must always come first. This is what human beings have not yet understood very well. They put the earth first. And some go even further and behave as if only the earth had been created and who knows by whom! By putting the earth first, human beings have introduced an imbalance in social life and this imbalance is also reflected in them. Be aware that all imbalance stems from not understanding the place the creator has given to the spirit and matter respectively. Matter should not be neglected, of course not, but it is far more detrimental to humankind not to have understood once and for all that they must put the spirit first. **(AUGUST 5, 2002)**

It is said in the Book of Genesis: *'In the beginning, God created the heavens and the earth. The earth was without form and void, and darkness was upon the face of the deep; and the Spirit of God was moving over the face of the waters.'* Why does it say 'over face of the waters'? Because water represents the original cosmic matter which the spirit of God, the primordial fire, penetrated in order to impregnate it. Contrary to what is generally believed, earth is not the

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element that best expresses the properties and qualities of matter. It is water, whose qualities are receptivity, adaptability and malleability.

Water thus symbolizes the raw material which received the fertilizing seeds of the Spirit. It is the matrix of life. Life emerged from water, thanks to the principle of fire, by which it was vivified. By itself, water, or matter, is inert; it is fire that infuses it with life. **(NOVEMBER 30, 2004)**

'BE SOBER, BE VIGILANT ...'

The Bible tells us: *'Be sober, be vigilant -, because your adversary the devil walks about like a roaring lion, seeking whom he may devour.'* For a disciple, this means that he must observe and analyze himself, and learn to recognize the thoughts and feelings that roam through him, welcoming the good ones and rejecting the bad ones, and that he must take all necessary precautions. For it is no good thinking that we can walk through life completely immune to the dangers of the psychic world. The war between good and evil, light and darkness, life and death has been going on since the beginning of time, and it is up to a disciple to keep his eyes open and be aware of what is going on inside him, and to recognize the nature of the forces that manifest themselves in him and the direction they are trying to make him take.

(FEBRUARY 25, 1988)

There are several different facets of what we call 'attention'. The most obvious form of attention is the sustained mental effort required to accomplish a task, listen to a lecture or read a book. But there is another kind of attention, the attention of self-observation or introspection which consists in being aware at each instant of what is going on within ourselves, of discerning the nature of our inner conflicts and of all the currents, desires and thoughts that go through us and influence us. It is this kind of attention that is not sufficiently developed.

The Bible says, *'Be sober, be vigilant; because your adversary the devil walks about like a roaring lion seeking whom he may devour.'* Never fear, you will see neither lions nor devils on the physical plane: the danger lies within! That is where your desires and all your schemes, passions and lusts are waiting to devour you. **(SEPTEMBER 2, 1988)**

Many people who have tried to transform their lives are discouraged because they still have the same failings. The fact of the matter is that the only way to overcome one's weaknesses is to exchange one's bad habits for good ones, to replace one's old stereotypes by new and better ones. But in order to do this successfully one has to be extremely vigilant. If you are not vigilant you will forget, and when you forget the old habit, the old stereotype pops up and manifests itself with great fidelity.

We read in the Gospels, *'Be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour'*. Herein lies the secret of success in changing oneself: vigilance. Henceforth, therefore, you must practise and learn to make new, different gestures, speak different words and look at things in a new light, so that the stereotypes of the New Life that is coming into this world from the heavenly regions, may be deeply etched into your being. If you practise these new habits regularly you will transform yourself. **(SEPTEMBER 3, 1987)**

When we speak about 'attention', we must know that this work can be interpreted in several ways. Usually, of course, it means that sustained attention we all need in order to do our work effectively, to understand what has been said to us, or to read a book, etc. However, there is

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another form of attention known as self-awareness of all our inner experiences and phenomena, all passing desires and thoughts, all influences and conflicts. It is this attention that is not yet sufficiently developed.

The Gospels say, *'Be vigilant, because the devil, like a roaring lion, is ready to devour you.'* Take heart, because you will see neither lions nor devils in the flesh! It is inside that these creatures threaten you, trying to overpower you with desires, plans, passions and jealousy, and you must be very attentive or they will devour you. **(NOVEMBER 19, 1998)**

WHAT ELSE CAN BE SAID

It was St. Paul, in his *first Epistle to the Corinthians*, who said: *'And now faith, hope and charity abide, these three; and the greatest of these is charity.'* Faith, hope and love are called 'theological' virtues because it is through them that we can be in touch with God. But when questioned, most people answer that this does not mean much to them.

In actual fact, whoever they may be, and whatever their degree of evolution or education, all human beings believe, hope and love. But if they are so often disappointed in their beliefs, hopes and loves, it is because they do not know where or in whom to place them. In fact, they almost certainly do not know what it means to love God or to believe or hope in Him. Hope, faith and love are the only forces that sustain us through life. Faith in God frees us from the grip of illusions. Hope in Him preserves us from the anxieties of our material existence. Finally, love of Him enables us to reach and secure our hold on the summit without risk of falling.

(JANUARY 24, 2003)

In one drop of blood an initiate can discover the quintessence of matter, the principles of the four elements: earth, water, air and fire.

Blood represents the life that circulates in the universe. If we know how to consider it, we come to sense that, within us, it is blood which most resembles light. Blood is life, 'and the life is the light of all people', says St John at the beginning of his Gospel. This light is the very substance that God first called upon when creating the world, saying, 'Let there be light!', and it is this light which is condensed in our blood. So we must be vigilant and treat with the greatest respect this blood which is a condensation of light, of divine life. And in the same way that blood always returns to the heart, our life must return to the heart of the universe: to the Creator.

(MAY 1, 2004)

A disciple must rely on nothing, and on nobody – not even the greatest spiritual masters, not the angels – not even the Lord Himself. The only thing we can rely on is our work, and then, because of all we have accomplished through our own efforts, we can count on the succor of the whole universe. When we plant a seed we can depend on the sun, the rain and morning dew to make our seedlings grow. But if we have sown nothing, what can we expect? Whatever outside help we may hope for, nothing produces nothing: we would be relying on emptiness. Even God would prefer us not to lean on Him so heavily. This is why it is written: *'Strive first for the Kingdom of God and His Righteousness, and all these things will be given to you as well.'* So it is always up to us to take the first step, to initiate the process which will give the result we desire. **(MARCH 10, 1999)**

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There is an universal law: to survive, we must know how to renew ourselves continually. And if the Church is now in the process of losing ground, it is because it has not renewed itself. For centuries it has continued to cling to old, outmoded ideas which should be abandoned. Obviously, the principles on which the Christian religion is founded can never be replaced; better principles than those found in the Gospels do not exist. But to these principles so many beliefs and practices have been added, and it is these additions that no longer have any reason to exist. **(MAY 20, 2000)**

People detest and speak ill of each other: Of course, they know full well that such a conduct is not consistent with the teaching of the Gospels, but they don't seem to care. What they do not realize, however, is that a law exists according to which those who incessantly speak ill of others are, in doing so, actually handing over their own strength and giving appropriate weapons for retaliation: They themselves are actually empowering their enemies. Do you want to disarm your enemy? If so, say good things about him, find at least one good quality and tell others about it. Then the spirits will go to him and ask how much credit he has in his bank. 'Very well,' they will say, 'You owe some to that person, over there, because he has said good things about you.' Speak ill of him, however, and the spirits come and force you to settle the score by paying out your own energies; so it is you yourself who give strength to your enemy. **(JUNE 23, 1999)**

It is said in the Gospels: '*And this is life eternal, that they may know You, the only true God.*' And how is it that we can 'know God'? By fusing with Him. But fusion can take place only between objects or beings of the same nature, the same essence. For example, take a small amount of mercury, scatter it into droplets, then bring these droplets together, and once again they form only one drop. Now suppose that before gathering the droplets together, you allow a little dust to fall on some of them: however you try to reunite them, you will not succeed. Well, this is what happens to those who want to fuse with God but have not first purified themselves. As long as they remain impure, sombre and mean-spirited, they cannot unite with the Creator, who is beauty, light and love. All their impurities form a barrier which prevents this union. In order to rid themselves of these impurities, they must make certain sacrifices: they must learn to master themselves, to control themselves, and only then can they attune themselves to divine vibrations and taste eternal life. **(JUNE 28, 2004)**

When we read the lives of the saints, the prophets and the initiates, we find that all of them have undergone terrible ordeals. Those who understood their meaning were not discouraged and did not rebel; they knew that it was thanks to these trials that they would become divinities. But others who had not yet gained sufficient light were overwhelmed and sometimes even rebelled: why did heaven not come to their aid? They had sacrificed everything for it, and now they were being abandoned!

What spiritualists often lack is true knowledge. Because they have consecrated their life to God, they imagine they will see streams flowing with milk and honey, that they will walk on rose petals and be crowned in glory. It is true that such promises are found in the Bible, and it is also true that this will come to be, but only when they have passed every test! In the meantime, whatever their ordeals may be, those who possess true light must learn to use them for their evolution. **(SEPTEMBER 8, 2004)**

You have to be able to transpose certain moral, philosophical or mystical notions onto a different plane. For instance, according to the Gospels, fasting drives out unclean spirits, but a fast should not only take place on the physical plane. If evil spirits are dwelling in the physical body

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in the form of illness, physical fasting may chase them away. However, these spirits may also be dwelling in the astral and mental body in the form of irrational thoughts and coarse feelings and desires. If you are 'possessed', the spirits living within you will always urge you to absorb a nourishment pleasing to them. So, in order to rid yourself of these evil spirits do not give them anything more to eat: in other words, you should try not to have any more selfish feelings or self-centered thoughts, and replace them with pure, luminous thoughts and feelings. By depriving these dark spirits of their food you will make them fast and so, feeling the threat of death by starvation, they will leave you. That is how fasting should be understood. **(SEPTEMBER 11, 1999)**

Many people carry within themselves so many negative elements which paralyze them and the result is that they are unable to show an open, welcoming face, even if they try: impossible to make their facial muscles move, to bring life to their expression, everything remain fixed. And if they smile, all you see is a grimace. Proof they have spent all their lives stagnating in the lower regions of the will, the heart and the intellect, without even an element of the soul and the spirit ever coming near to them.

The Gospels say that only children will enter the Kingdom of God. Why? Because children laugh and smile; they are alive. This is why you must heed the expressions of your face. If you arrive before the door of Paradise with a stony face, you will be told: *'No, you can't come in with a face like that. Here we only allow children's faces.'* Yes, indeed, there are beings by the doors up above who look at your expression and if you have a forbidding look on your face, they will say: *'Go on, away with you! We don't want you here.'* You do not believe it? Well, go and find out.

(SEPTEMBER 20, 2000)

You can have children who do not belong to the same spiritual family as you and, in this case, they are not really your children: you are not responsible for their acts nor they for yours. The Bible says that the punishment for a man's sin falls not only on him, but on his children and their children after them to the fourth generation. What have these children done to deserve to suffer in this way? If it were not they but their father or grandfather who sinned, it seems very unjust that they should be punished. No, because those who pay for the sins of their parents by inheriting the same vices and illnesses are truly their children. If they had other mothers or fathers they would not have to suffer. Criminals have been known to produce children who were saints; the most ordinary people have sometimes given birth to a genius. Children are not always affected by the crimes of their parents and, when they are, it is because their previous way of life was similar, so they were drawn to reincarnate amongst people of their own kind. The law obliges them be born into that family so as to bear the same trials as their parents.

(SEPTEMBER 22, 1988)

Disciples are people who think only of using their time, energy and all the materials nature and the Lord has given them to progress and realize the highest ideal. Just like the good slave in the Gospel who was given several talents by his master before the latter went on his travels, disciples do not bury their talents in the ground, like the bad slave, leaving them non-productive, rather they work to make them bear fruit. Disciples are intelligent, sensible servants who want to use everything Heaven has bestowed on them to do divine work. Be it air, water, food, be it thought or feeling, be it their bodies, their eyes, their ears, everything that exists in nature, they are able to put all these things to work. And whereas many waste their time, fritter way their strengths and become weak and impoverished because they have no working method, disciples grow richer every day and let others benefit from their acquisitions.

(OCTOBER 27, 2000)

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The essential truths that Christians need for their evolution are contained in the Gospels. Many people will say they have read them and have not discovered much in them, which is why they are now turning towards oriental teachings. Well, this simply proves that they have understood nothing of the immense wisdom that was destined for them in the wisdom of the Gospels. Yes, I know, people have had their fill of these texts that they know so well, and they want a change of diet, but they must realise that it is dangerous to go searching for it in teachings which were not destined for them, which were not designed for their structure or their mentality. It is the teaching of Christ that is meant for Westerners, but they have not yet either read it seriously or meditated on it. You will say: 'Yes, but I am looking for something else...' Yes, but with what intention? Very often, people follow an oriental teaching as a distraction or to appear more interesting in the eyes of others. But this serves no purpose, and it simply proves that they love the exotic and not the simple truth. **(OCTOBER 31, 2003)**

In the beginning, at the commencement of everything that exists, there was light. And this light is the Christ, the solar spirit. The spirit of the Christ first manifests in the sephirah Chokmah, the highest glory, the Word, without which, as Saint John the Divine says in his Gospel, '*nothing was made that was made*'. Then the spirit of Christ manifests under another aspect in the sephirah Tipheret, the sun.

When you go to watch the sun rise each morning, as you link with it, imagine that it is with its spirit that you unite; yes, the spirit of the sun is none other than the spirit of Christ, an emanation of the Godhead. Open yourselves up to the sun: it is not enough just to be there and gaze at it. To have total contact with the quintessence of its light, your spirit must link with it and enter into it. As soon as you plunge into that world of light, a few particles of light penetrate within you and you receive revelations of divine splendour. **(NOVEMBER 13, 1998)**

You have received the gift of certain qualities and talents from the Creator and, one day, you are going to have to account for the use you have made of them. You are all familiar with the Gospel Story of the master who distributed money to his servants before leaving on a journey. To the first he gave three talents, to the second one and to the third five. When he came back from his travels he asked them how they had used the money. Those who had received several talents had invested them and earned more, but he who had received only one had buried it in the ground. The master punished this servant and rewarded his two companions. One day, Heaven is going to ask you to account for all the qualities, gifts and virtues that you have received: Are you going to have to admit that you have buried them and left them to rot, or will you be able to say that they have born fruit? Your punishment or reward will depend on the answer you give. **(NOVEMBER 23, 1999)**

Do not seek clairvoyance through occult methods. True clairvoyance, the true eyes, are in the heart, and it is love which opens these eyes. When you love another, what do you see in him? You see things that no one else sees, because love makes true clairvoyance possible. A woman who loves a man sees him as a divinity, and do not tell her she is mistaken! Objectively speaking, yes, she is mistaken; but if she seems to exaggerate the beauty and virtues of her beloved, it is because she sees him as God originally created him, or as he will be when he returns to the womb of the Eternal. You have not yet understood the power of love to open the eyes of the soul. Those of you who wish to become clairvoyant must learn to love. Your hearts must call out for help, like the blind man in the Gospels: '*Have pity on us, Lord.*' Launch an appeal, and one day the light of the cosmos will come and ask what it can do for you. 'Open our eyes!' you will say, and your eyes will be opened. **(NOVEMBER 5, 2004)**

BOOK 51: INTERPRETATIONS OF THE GOSPELS:

When a child learns to read it starts by identifying the letters of the alphabet. Once it has learnt them well, it can gradually identify them in words it comes across, until the day it is able to read whole sentences. The same applies to the disciple who, during the course of his initiation, passes through numerous phases in the course of which he gradually begins to see and make out the letters of the great cosmic book, which are the basic elements of creation. And when John writes in the beginning of his Gospel: *'In the beginning the Word already was. The Word was in God's presence and what God was, the Word was. ... and through Him all things came to be ...'* it means that in the beginning all the principles of the divine alphabet came into action: From top to bottom of creation, right to the physical plane, they reproduced the same structures they had created up above. Everything that exists on the physical plane can be considered as words, sentences, poems composed with different elements of the Word. **(DECEMBER 8, 1999)**

He who understands the underlying significance of respiration, gradually feels the movement of his breathing blending into God's breathing. For, yes: God also breathes! He breathes out and the world appears; He breathes in and the world disappears. Of course, each breath that God takes or releases lasts billions and trillions of years. The Indian sacred scriptures tell us that, one day, God will breathe in and this universe will be swallowed up and return to nothingness. And then God will breathe out again and a new creation will appear and last for more billions of years. God breathes far more rapidly through the breath of man, but on the level of the cosmos the rhythm of His breathing is very, very slow. The slower our own breathing, therefore, the closer we come to the rhythm of God's breathing. It is recommended to breathe as slowly as possible, for this helps to prolong life. **(JANUARY 11, 1988)**

The Blessed Trinity is represented on the central Pillar of the Sephirothic Tree: the Father in Kether, the Son in Tiphareth and the Holy Spirit in Yesod. The Father is Life, the Son is Light and Yesod is Love. Each Sephirah corresponds, also, to a part of man's body, and Yesod corresponds to the genital organs. The Holy Spirit is connected to love in many ways, and when we say that Jesus was 'conceived of the Holy Spirit', it means that he was conceived in an absolutely pure state of consciousness. Why was it the Archangel Gabriel who announced this conception to Mary? Why was he chosen, rather than any other Archangel to bear the good news? Because it is the Archangel Gabriel who rules the region of Yesod. When you study the Cabbalah it becomes very clear. Gabriel's visit speaks for itself and becomes meaningful once you know the virtues and functions of the different regions. **(MARCH 25, 1995)**

Any attempt to prove the existence of God through argument is a fruitless undertaking. By means of reasoning, we can argue certain points to prove His existence but, by using the same methods, we can also prove His non-existence! The more we try to prove the existence of God, the more we risk introducing doubt in others. If people are not ready to accept what you tell them, it is no good. They must open their own minds; it is not you who can do it for them. You will say: 'Oh, but if someone were to perform miracles before all these non-believers, they would have to believe all the great truths that religion and the sacred books teach us.' Do you really think so? At the most, they would be impressed for a few moments, as if though they were in the presence of a conjuring trick, and then they would forget. Attempts to prove the existence of God are a waste of time. There is really only one thing to do: lead human beings to that level of consciousness where the question of God's existence is no longer even asked. **(JUNE 21, 2004)**

BOOK 51: INTERPRETATIONS OF THE GOSPELS:

There are certain moments when believers, even many mystics, have felt as though God had abandoned them. As if it is God who changes towards us! Yes, it is we who are always steadfast, always unwavering in our faith and love, and God who is fickle! Sacred scriptures say that God is faithful and true, and although believers repeat these words, they are forever wondering why God does not look at them or listen to them, and why He abandons them. But it is not God who abandons us, it is we who abandon Him. How do we do this? Instead of striving to rise above the clouds, we let ourselves go, we descend, and beneath the clouds it is obviously cold and dark. We must stay high above the clouds where cold and darkness do not exist, for it is here that God dwells, and here that we too may dwell. **(SEPTEMBER 16, 2003)**

The sacred books often mention a part played by some precious garment: frock, tunic or veil. This garment is symbolic. It represents the aura, that is, the spiritual emanation from the inner being. The Old Testament relates that Joseph's brothers were jealous of him because Jacob, their father, had offered him a beautiful tunic. Actually, when Moses mentions Joseph's tunic, he specifies that it was made of many colors. This detail induces us to establish a link between this garment and the aura, the pure and sparkling colors corresponding to the different qualities and virtues. This garment of light and colors is given to us by the divine world as a reward for our work. All the threads and colors are at our disposal, but it is we who must fetch and weave them. With the violet (spiritual love), indigo (force), blue (faith), green (hope), yellow (wisdom), orange (godliness) and red (life), you will patiently weave this beautiful garment that will protect you on your path through this dark forest of life. **(NOVEMBER 27, 2001)**

The Bible tells us that one day God will come to live in all hearts, inscribing His law, the law of love, within us. When that happens, people will no longer need to be preached at about religion or morals, because everybody will have an innate knowledge of how to behave, love, be of service and work. Religions exist because human beings do not know how to live in love, and in any case, religion is incapable of truly leading people to God. With the coming of love, religions will become superfluous, or, to express it better, they will be transformed into an inner work manifesting as goodness, radiance, sacrifice, gentleness and light. Religion had to be introduced when love left humankind. When love returns, external religions will fade away, because they will be found once again in our hearts. **(DECEMBER 28, 1998)**

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Encyclopedia Initiatic Science

Book 52: Traditions, The Gospels & The Holy Scriptures

TRADITIONS

On New Year's Day in some countries it is traditional for children to get up very early, go out and knock on their neighbors' doors. As soon as the door is opened, they offer a blessing so that the whole year may be favorable for the people who live there. I also knew this custom in Bulgaria. On the morning of the first day of January, children were sent into the streets to the houses in the neighborhood to wish everyone a Happy New Year. In their hands they held a small branch of dogwood to which they sometimes tied ribbons, and they had to touch everyone in the house with this branch and wish them well. Because children are pure and innocent, they are thought to bring only good things and it is important that the year should begin under the auspices of purity and blessings.

These are traditions that should be respected, if not outwardly, at least inwardly. On the first day of the year, you must too think of the first visit you will receive, of the first presence you will welcome within you and prepare yourself. Make sure that this first visitor is the light, so that the whole year will be luminous. **(JANUARY 1, 2003)**

Human beings eat, drink and breathe and in doing so they are in contact with the elements of earth, water and air and are nourished by them. But what do they do with the fourth element, the igneous element which we know as fire, as light? Nothing much. They do not know how to nourish themselves with light and yet it is even more vital to them than air.

Man must absorb light in order to nourish his brain. Yes, the brain too wants to eat and light is its food. It is that which awakens certain faculties and enables us to penetrate the divine world. You will say that by eating, drinking and breathing we nourish our whole body, including the brain. Yes, but so long as we are satisfied to nourish our brain only with solid, liquid and gaseous particles, which are not the elements it most needs, we will remain very limited in our understanding.

Tradition has it that one day Zarathustra asked the God Ahura Mazda how first man nourished himself and Ahura Mazda replied: '*He ate fire and drank light.*' **(JANUARY 6, 2003)**

In his present life, a disciple must live with and make use of all that existed in the past, and all that will be in the future. Of course, when I say, 'All that existed in the past', I include only that which belongs to the authentic, divine tradition handed down from time immemorial. And when I speak of the future, I mean only the divine, universal elements which fit in and will be added to this tradition. For the future, the authentic future, is moving in the direction of immensity, the infinite, immortality, the liberation of the soul and the power of the spirit. A disciple must live in the present, therefore, with all the wealth of the past, all that he has acquired throughout his evolution, and also with all that will be in the future. This is what we mean by a truly rich life, a life of fulfilment. **(JANUARY 17, 1988)**

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Between man and God there exist spiritual beings, which the Christian tradition, inspired by the Jewish tradition, refers to as the angelic orders. The word 'orders' implies there is a difference in level between these entities. In descending order, their names are: Seraphs, Cherubim, Thrones, Dominations, Powers, Virtues, Principalities, Archangels and Angels. The angels, in other words, are the closest to human beings and this is why they have been charged with watching over us. The Seraphs and Cherubim at the top of the hierarchy on the other hand are not even aware that people inhabit earth and will never be given the task of staying with us. They concern themselves with solar systems and galaxies and very rarely does one of them go to meet a human being. A Seraph travels through space at the speed of lightning, if you happen to be in the right place, vigilant and ready to seize some of its celestial radiations, you will be so enlightened, bedazzled, that the effects will persist for the rest of your life. But you will never stop him; he will continue his journey through the infinite space. **(JANUARY 29, 2002)**

The psychic world of human beings is populated with creatures from the invisible world. Our feelings of well being and joy as well as those of suffering and sorrow are brought to us by entities attracted to us by our thoughts, feelings, desires and actions. If you were clairvoyant, when you suffer from worry or anguish you would see yourself surrounded by grimacing beings who are ready to scratch, sting, bite and torment you in all kinds of ways. Referred to as the 'undesirables' in esoteric tradition, these creatures approach human beings saying, 'Aha! See this woman, and that fine fellow over there – now they are interesting! Let's make their lives miserable for a while – what fun it'll be to see them shouting and waving their arms about!' Yes, this is what happens when you are unhappy, tormented. And when you feel great happiness, if you were clairvoyant you would see a multitude of winged creatures rushing towards you, laden with gifts of light, who sing and dance, and leave in their wake streams of sparkling colours and exquisite fragrances. **(APRIL 12, 2000)**

Initiates teach their disciples that the number 2 is the result of the polarization of the number 1, just as an electric socket or a magnet is made up of two poles, positive and negative. Which means that these two poles, which we think of as opposites, are in reality contained in the number 1. We call them positive and negative, or masculine and feminine, but we can also call them good and evil, provided we bear in mind that they are an expression of the 1, which is God, because they have the same origin.

There is a tradition which names Lucifer, the archangel who revolted against God, the brother of Christ. It says that when Lucifer was thrown from heaven, during the fall he lost the emerald which adorned his forehead. And from this emerald which fell to earth was fashioned the cup in which Joseph of Arimathea collected Jesus' blood at the crucifixion. It is this cup that became the Holy Grail, a symbol that has played a great role in the history of Christianity. The initiates who established this relationship between Lucifer and Christ wanted to teach us that good and evil are two poles of one and the same reality: of God Himself. **(APRIL 21, 2000)**

Christian tradition depicts a human being as accompanied all his life by an angel on his right and a devil on his left. The angel gives him good advice and enlightens him while, on the other side, the devil tries to mislead him so that he may become its victim. One may ask why angel and devil are content to remain quietly beside people, why do they not spring at each other's throat. It would be simpler and the winner would seize the poor fellow concerned. But no, they do not fight, they have respect and esteem for one another, they even greet each other: 'Good day, here you are, how are you?' The devil does not attack the angel of light, nor does the angel strike down the devil. Why? Because in reality the guardian angel and the devil are images that express two realities: a superior and an inferior world; the divine nature and primitive nature.

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These two natures coexist in man and it is up to each one to decide which of the two natures he wants to express. **(AUGUST 15, 2001)**

King Salomon is traditionally known as an example of wisdom and knowledge, but what did he say? *'For much wisdom is much vexation, and those who increase knowledge increase sorrow.'* Which shows that wisdom and knowledge do not necessarily bring happiness. Indeed, with the light they bring us come concerns and worries. This light shows up what we often prefer not to see. And even if the wise represent a human ideal to pursue, wisdom is not enough to bring happiness. It is love which brings us happiness, not wisdom. We should therefore love to be happy. But we should love according to wisdom. This is why love and wisdom are connected: wisdom shows love how to enlighten itself, and love shows wisdom how to warm itself. Because wisdom is cold. So love and wisdom help each other and the human beings who possess them live in this fulfillment called truth. **(SEPTEMBER 15, 2000)**

There are centers in our heads that make it possible for us to be in contact with the invisible world. These centers, known by various names in different traditions, act like antennae to link us to Heaven. When Jesus said, 'If your eye is pure, all your body will be in the light,' he was alluding to one of these centers. From the physiological point of view, it would be absurd to consider that the entire well-being of the body depended on the state of the eyes; and anyway, Jesus was speaking not of two, but only of one eye. That eye, on which the whole body depends, is the center through which Heaven becomes earthed in our physical matter. That eye can not only see, but also understand, feel and even act, because the powerful potential of every organ is contained in essence within that eye. **(SEPTEMBER 24, 1998)**

The Book of Genesis tells of how Jacob fell asleep one night with his head upon a stone and how, while he slept, he saw in a dream angels going up and down a ladder linking earth with Heaven. This is how this cosmic order, this hierarchy of beings – all the way from stones up to the throne of God – was revealed to him. Cabbalistic tradition represents this hierarchy in the Sephirotic Tree, the Tree of Life.

If most people are troubled and confused, if they cannot make sense of their lives, it is because they have not learnt to respect the hierarchy that Cosmic Intelligence has established for eternity. To know this hierarchy is essential for your inner life. By constantly keeping in mind this idea of an order, a structure, man is obliged to act according to this order, as he understands how he too must find his place in this universal harmony. **(OCTOBER 8, 2001)**

Animals can be seen as symbols of their predominant quality. Such symbols were constantly used in the days of antiquity, and they are still used today in esoteric science. Some of them, such as the snake, the fish, the bee or the cat, are well known; others such as the hedgehog less so. In some traditions the hedgehog is seen as a symbol of an initiate, because it is invulnerable even to snake venom, and feeds on the slugs which destroy gardens. In other words it banishes the destructive larvae of the astral plane. Also, its prickles represent the needles used by an initiate to dissolve the condensed fluids of evil thoughts. This is why, in some initiatic traditions, a 'hedgehog' is the name given to a disciple who has come through a trial by poison successfully. **(NOVEMBER 24, 1995)**

All those who have already left this earth have one weakness in common: They want to be remembered; but, of course, they want us to remember only their good points. There is no greater suffering for a dead person than to hear people talking about their defects and the things

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he did wrong. It is a real martyrdom for him. It is as though every word were a blow from a hammer, because human speech is greatly amplified in the invisible world. This means, of course, that our good words are also amplified and give great joy to those on the other side for whom they are like a rain of blessings. This is why the panegyric or funeral eulogy is customary in every civilization. The evil that a man has done is forgotten at that moment and only his good deeds and qualities are mentioned ... often with exaggeration. This is a remnant of a tradition based on Initiatic knowledge. And you should remember to do this too: When you talk of the dead, talk only of their good qualities. Don't mention all the rest. **(NOVEMBER 2, 1988)**

Heaven gives only credit to those who deserve it. When people are seen to be making sincere and disinterested efforts, trying to serve with all their heart and soul, Heaven cannot but give credit, so it pours out all its blessings on them. On the other hand, people who use their gifts from Heaven for their own benefit or to do wrong, receive no credit: Heaven withholds all blessings from them. That is why all spiritual traditions urge people to make good use of the gifts, qualities and riches they have been given, otherwise sooner or later Heaven will take back all those same gifts, qualities and riches: They may have distinguished themselves brilliantly in this life, but they will find themselves poor and naked in the next. **(NOVEMBER 8, 1999)**

Fire is the most powerful element, therefore provides the most effective means of purification and transformation. Nothing withstands fire. That is why initiatic tradition teaches that if people want to transform themselves, they must pass through fire.

There are two types of fire: the fire of suffering and the fire of divine love. Through the fire of suffering must pass all those who so stubbornly and obstinately insist in taking the wrong road that only trials can make them reflect and change direction. Do you wish to escape this fire of suffering? Then you must work with the fire of love, which will make you glow with radiant light. Here on earth we cannot escape trials, so even if we still have to endure suffering, we shall overcome these trials thanks to the flames of divine love burning ever more intensely within us. The fire of ordinary suffering enslaves people: the fire of divine love liberates them.

(NOVEMBER 16, 1999)

Human beings have organs allowing them to grasp the realities of the invisible world and throughout time there have been people who have developed these organs. But because of their subtle nature it has never been possible to describe them, to represent them in the same way as the organs of the physical body. This is why every spiritual tradition has described them differently and called them different names, such as the pineal gland, the third eye, the chakras. But this is not important. What is important is knowing we all possess these subtle centres and they are as real as the organs of our physical body. And if these centres are no longer in working order in most people, it is because they have become too focused on the material, they have become too materialistic.

Interest in psychic faculties is growing nowadays, all too often, however, the methods used are not the best and some concentration and visualisation exercises are even dangerous. Not to mention the use of drugs, based on recipes borrowed from the American Indians and the shamans of Siberia. Leave those methods to the people who have inherited them through thousands of years of tradition. They are not meant for us. You should work with the methods of wisdom and love, and try each day to triumph over your weaknesses. This is how you will activate all these subtle centres within you and they will put you in contact with the spiritual world. **(DECEMBER 5, 2000)**

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Many people believe that they are in direct contact with God because they attend church regularly or recite their daily prayers. Would that it were so easy! To claim direct contact with God, we would have to be completely unaware of his inaccessibility! I would not say that we cannot reach some aspect of God but certainly not God Himself. Between ourselves and God there is a great gulf to be crossed, a space so vast it is beyond conception. That space is not empty: It is composed of regions in which spiritual entities live. All religions mention in some way the existence of these regions and these entities.

The Christian tradition, which has its roots in the Jewish tradition, teaches the existence of nine angelic orders: the Angels, Archangels, Principalities, Virtues, Powers, Dominations, Thrones, Cherubim and Seraphim. These angelic orders are each an aspect of divine power and virtue. In order for us to develop spiritually, we need to know about the existence of these celestial entities, because they are like beacons of light along our way. **(DECEMBER 5, 1998)**

In numerous philosophies and mystic traditions, the tree has come to symbolize the universe. Every living creature occupies a place somewhere upon this tree, whether in the roots, the trunk, on the branches, in the bark, leaves, flowers or fruit. Everything in existence, every activity and every location, has its place on the Tree of Life.

At certain periods of the year, leaves, flowers and fruit fall from the tree and decompose into humus, which is then gradually reabsorbed by the roots. Exactly the same thing happens to living beings. When somebody dies, that person is absorbed once again into the cosmic tree, soon to reappear in a different form, such as a branch, a flower, a leaf or a fruit. Living beings disappear and reappear without cease on this tree: nothing is ever lost. **(DECEMBER 24, 1998)**

What is birth? It is the transformation from the invisible state to the visible, from the immaterial to the material, abstract to solid. It is the moon, that supremely feminine principle, that presides over all the different forms of incarnation, on the physical as well as the spiritual plane. During winter, when the nights are longer and natural life slows down, conditions for interior work are at their best, whereas the contrary applies to exterior manifestations. In winter we are prompted to go within ourselves to prepare for the birth of the child of the light, symbolized in some traditions as a pearl. Originating in the sea, the pearl, like the sea, is connected with the moon. On the Sephirothic Tree, the pearl oyster is Yesod, which represents the genitals of the cosmic body, and this is where the pearl must be formed: the pearl that represents the purest quintessence of love. It is the pearl oyster that forms a pearl, and that oyster is the reflection of the feminine principle, which delivers into the world the pearl beyond price: the divine child.

(DECEMBER 25, 1998)

The syllable OM corresponds to what – in the Western tradition – we call the Logos, the creative Word. In the Hindu tradition, it represents the original sound and is associated with Kalahansa, this cosmic bird that laid the primordial egg from which the universe was born.

OM is a syllable with very powerful vibrations and Hindus use it as a mantra. They repeat it untiringly in their meditations. You too can pronounce this mantra either aloud or mentally. You concentrate on this word without thinking of anything else and repeat, OM, OM, OM ... You can also associate it with a breathing exercise. Inhale through the nose while mentally pronouncing OM four times, then exhale very slowly through the mouth while repeating OM. After a while, you will feel calmer and full of energy.

The syllable OM can also be decomposed as AUM, and it is in this form that we sing it. If we are conscious of the magical power of sounds, we can gradually feel what a perfect form this song produces in our soul.

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There is also a link between AUM and the world Amen, which Christians say at the end of a prayer. **(DECEMBER 27, 2001)**

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He who understands the underlying significance of respiration, gradually feels the movement of his breathing blending into God's breathing. For, yes: God also breathes! He breathes out and the world appears; He breathes in and the world disappears. Of course, each breath that God takes or releases lasts billions and trillions of years. The Indian sacred scriptures tell us that, one day, God will breathe in and this universe will be swallowed up and return to nothingness. And then God will breathe out again and a new creation will appear and last for more billions of years. God breathes far more rapidly through the breath of man, but on the level of the cosmos the rhythm of His breathing is very, very slow. The slower our own breathing, therefore, the closer we come to the rhythm of God's breathing. It is recommended to breathe as slowly as possible, for this helps to prolong life. **(JANUARY 11, 1988)**

It was St. Paul, in his *first Epistle to the Corinthians*, who said: '*And now faith, hope and charity abide, these three; and the greatest of these is charity.*' Faith, hope and love are called 'theological' virtues because it is through them that we can be in touch with God. But when questioned, most people answer that this does not mean much to them.

In actual fact, whoever they (May be, and whatever their degree of evolution or education, all human beings believe, hope and love. But if they are so often disappointed in their beliefs, hopes and loves, it is because they do not know where or in whom to place them. In fact, they almost certainly do not know what it means to love God or to believe or hope in Him. Hope, faith and love are the only forces that sustain us through life. Faith in God frees us from the grip of illusions. Hope in Him preserves us from the anxieties of our material existence. Finally, love of Him enables us to reach and secure our hold on the summit without risk of falling.

(JANUARY 24, 2003)

In the Book of Genesis, when Moses speaks of the Tree of Life in the Garden of Eden, he is obviously referring to a symbol. This Tree of Life represents our universe, and the fruits of this tree are the qualities and virtues of the constellations of the Zodiac. They are, in order: Aries, activity; Taurus, sensitivity and kindness; Gemini, the taste for study; Cancer, the perception of the invisible world; Leo, nobility and courage; Virgo, purity; Libra, the meaning of cosmic balance; Scorpio, the understanding of life and death; Sagittarius, the link with Heaven; Capricorn, self-mastery; Aquarius, brotherhood and universality; Pisces, sacrifice. These are the qualities of the fruits of the Tree of Life that God gave Adam and Eve as food, and it is with these fruits that we too must nourish ourselves. **(JANUARY 9, 2004)**

If you want to become an alchemist, you do not have to bury yourself in old books of magic, still less set up a laboratory. It is in everyday life that you have the opportunity to do an alchemical work in the laboratory within yourself, by making an effort to transform yourself, by making an effort to transform whatever is negative. Try to transform everything instead of complaining about someone giving you a dark look, another not greeting you or a third hurting you! Tell yourself that these are like rocks being thrown at you, and that this raw material can be transformed into precious stones. So many rocks have been thrown at great masters and initiates ... mountains of rocks from all over! But they found a way to transform them into precious stones. They worked on the rocks that had been thrown at them, transforming them into treasures for us. This is true alchemy. If the earth can transform raw material into precious

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stones, so can we! A human being possesses all forces and powers; even the philosopher's stone which transforms lead into gold is present within him, but he must first learn to work in his inner laboratory. **(JANUARY 12, 2001)**

Generations of human beings have lived very well even though they were unable to write. But we now live in a culture which demands that we know how to read and write, and it is unthinkable that we could do without these skills. Moreover, reading and writing are two activities that we must also learn to exercise in other domains. According to initiatic science, to read is to be able to decipher the subtle and hidden aspect of objects and beings, to interpret the symbols and signs that Cosmic Intelligence has placed everywhere in the great book of the universe. And to write is to be capable of leaving our mark on this great book, of influencing stones, plants, animals and human beings through the magical force of our spirit. Reading and writing on paper is not enough; we must prepare ourselves to read and write in all realms of the universe. **(JANUARY 14, 2004)**

Vigilance is vital to our evolution, our personal growth. But there are even some spiritualists who have not yet understood this. Why be vigilant? It is far more pleasant to just let yourself drift, to succumb. Yes, I can believe that. Of course slovenliness and laziness are more congenial than lucidity and effort. But then do not be surprised to find that, despite having the entire universe spread out before them, despite the stars and the sun, despite all the books and great masters who are there to teach them, even intelligent people do not succeed in extricating themselves from their mediocrity.

If you really want to progress, be vigilant. Tell yourself: 'I must watch myself. Whether it be for my physical body, my intellect or my heart, I shall choose the healthiest, purest and most luminous elements with which to feed myself. Then I will always be active, even in my sleep.' Indeed, because there is sleep and there is sleep. People who have learnt true vigilance stay alert, even in their sleep. Although they are asleep, they still hear, understand and act.

(JANUARY 15, 2002)

More and more people systematically reject the idea of a spiritual master on the grounds that charlatans and sharks can pass themselves off as gurus. But what odd reasoning! Do these people stop listening to music because some musicians compose awful sounds? Do they no longer visit museums because certain artists paint carelessly? Do they no longer read books because some authors write nonsense? Why then this lack of logic? The truth is that to listen to music, to seek out works of art or to read books is quite easy, whereas to undertake the path of the spiritual life, to accept a discipline and to act with disinterestedness requires great time and effort. Then are not all these people, who find every excuse to refuse the light of a true guide and to make no effort, simply lazy? **(JANUARY 24, 2004)**

It was St. Paul, in his *first Epistle to the Corinthians*, who said: 'And now faith, hope and charity abide, these three; and the greatest of these is charity.' Faith, hope and love are called 'theological' virtues because it is through them that we can be in touch with God. But when questioned, most people answer that this does not mean much to them.

In actual fact, whoever they may be, and whatever their degree of evolution or education, all human beings believe, hope and love. But if they are so often disappointed in their beliefs, hopes and loves, it is because they do not know where or in whom to place them. In fact, they almost certainly do not know what it means to love God or to believe or hope in Him. Hope, faith and love are the only forces that sustain us through life. Faith in God frees us from the grip of

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illusions. Hope in Him preserves us from the anxieties of our material existence. Finally, love of Him enables us to reach and secure our hold on the summit without risk of falling.

(JANUARY 24, 2003)

In the Book of Genesis it is said that God '*breathed into Adam's nostrils the breath of life' and that 'man became a living being'*. Thus man's life began as a breath given by God. And it is true that for each human being life begins with an inhalation. As soon as a child leaves the womb of its mother, the first thing it must do in order to become an inhabitant of the earth is to take a breath: it opens its little mouth and cries. Everyone hears it and is happy that everything is fine, it is alive! Because as a result of this inhalation, its lungs fill with air and begin to function. And conversely, when we say that a person has breathed his last, everyone understands that he has died. Breath is both the beginning and the end. Life begins with an inhalation and ends with an exhalation, and between these two moments, a long succession of inhalations and exhalations sustain the life within us.

(FEBRUARY 5, 2004)

The Bible tells us: '*Be sober, be vigilant -, because your adversary the devil walks about like a roaring lion, seeking whom he may devour.*' For a disciple, this means that he must observe and analyse himself, and learn to recognize the thoughts and feelings that roam through him, welcoming the good ones and rejecting the bad ones, and that he must take all necessary precautions. For it is no good thinking that we can walk through life completely immune to the dangers of the psychic world. The war between good and evil, light and darkness, life and death has been going on since the beginning of time, and it is up to a disciple to keep his eyes open and be aware of what is going on inside him, and to recognize the nature of the forces that manifest themselves in him and the direction they are trying to make him take.

(FEBRUARY 25, 1988)

In order to understand the wealth of meaning contained in the number Ten, one must study both the One and the Zero separately. This study reveals that each digit has its own particular nature, its own particular function, and that they have specific work together. To understand this work, we have to realize that they are not simply placed side by side, but that the One penetrates the Zero in order to give it life and set it in motion. This notion is also expressed by the symbol of the dot in the centre of a circle.

Genesis begins with these words: '*In the beginning God created the heavens and the earth, and the earth was a formless void; and darkness covered the face of the deep, and a wind from God swept over the face of the waters.*' The wind, or spirit, of God is the masculine principle, which hovers over matter – symbolized by the waters – in order to fertilize it. Water is the circle, the 0, and the spirit of God is the dot, the One. Unless it is animated by the Spirit, matter remains 'tohu vabohu': formless and void. But when matter is overshadowed and fashioned by the spirit, all the potential it contains begins to manifest, and it becomes a universe, with suns, constellations and nebulae. Our universe therefore represents the Ten: matter, zero, which has already been given life, fashioned, and organized by the One, the Spirit.

(FEBRUARY 13, 1999)

Genesis says: '*In the beginning God created the heavens and the earth.*' Heaven and earth, and the relationship existing between them, are symbols which need interpretation. Heaven and earth represent the two principles – masculine and feminine – emissive and receptive. These principles unite, and from the union children are born. Everything on earth is a product of the union of these two principles, the union of Heaven and earth. If earth cuts this link with Heaven, earth cuts all link with life, and if it no longer receives divine energy, it turns into an arid desert.

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Heaven and earth – the masculine and feminine principles – are realities in the sublime realms on high: all the intervening regions and domains, right down to the physical plane, mirror these two principles – Heaven and earth, masculine and feminine. Wherever we look we see nothing but the union of these two principles. **(FEBRUARY 18, 1999)**

The most effective method for connecting oneself with God is to concentrate on the light. God is not light. He is much more than light, and we cannot know Him even imagine Him. But in *Genesis*, it is said that on the first day God created light. Why? So He could use it to create the substance of the universe. Light is therefore the first divine emanation, containing all the qualities and all the virtues of God, and that is why we can know God only through light.

So here is an exercise you can do: every day, several times a day, concentrate on the light, imagine that you rest in it, that you melt into it, that you are impregnated with its substance. Visualize the entire universe bathed in this light. And gradually you will feel that this light brings you peace, harmony and strength. **(FEBRUARY 23, 2003)**

The Book of Genesis tells how, when Jacob lay down with his head on a stone and slept, he had a vision of a ladder reaching from earth to Heaven with the angels of God going up and down it. This was how the cosmic Hierarchy that Cabbalists call the Tree of Life, was revealed to him.

Heaven and earth are not cut off from each other; there is a constant to and fro of mutual giving and receiving going on. Clairvoyants have sometimes seen beings coming down to earth to work on men, animals, plants and minerals. Some of them stay only a very short time, while others, on the contrary, stay and work for a long time. In our day, very few people believe in the existence of these creatures and the work they do but, one day, the whole of mankind will be aware of the constant interchange going on between earth and Heaven, between the earth and the sun, between the earth and the farthest reaches of the universe and beyond, to infinity.

(MARCH 3, 1988)

We expect well-educated, cultivated people to react in a measured and reasonable way when faced with difficulties, because, we believe, they are used to thinking. Very often the reverse is true, however, and the slightest mishap makes them angry, agitated or depressed. And once they have reached this state, they are totally unable to remedy the situation. They have never thought to work on their character, to exercise their willpower and all their education and eruditeness is of no help to them. They should understand that the most important thing is to live, not to be a professor, engineer or economist. What is the use of their strutting about with the riches of others they have gleaned from books? What they should be showing is what they have succeeded in achieving themselves. And if they are incapable of doing so, they should leave aside all the knowledge they have gained from their books and go and work at developing strength of character, which is far more important. **(MARCH 16, 2002)**

In whose service do we place ourselves? This is what Heaven looks out for, and if it sees people, who are busy serving their own god, their selfishness, their lower nature, it turns away. Heaven does not distribute its riches to those who only want to live a life of dishonesty and pleasure. And if Heaven abandons them, who will help them, what will save them? Their money? Their glory? Their fame?

As far as Heaven is concerned there are only two categories of beings: those who work solely for themselves, to satisfy their own desires, and those who endeavour to help their fellow human beings, to join in the work of billions and billions of entities in the invisible world who are working

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towards the Kingdom of God on earth. They are recorded in the great Book of Life as having done good for humankind and Heaven will never abandon them. **(MARCH 18, 2002)**

The Blessed Trinity is represented on the central Pillar of the Sephirothic Tree: the Father in Kether, the Son in Tiphareth and the Holy Spirit in Yesod. The Father is Life, the Son is Light and Yesod is Love. Each Sephirah corresponds, also, to a part of man's body, and Yesod corresponds to the genital organs. The Holy Spirit is connected to love in many ways, and when we say that Jesus was 'conceived of the Holy Spirit', it means that he was conceived in an absolutely pure state of consciousness. Why was it the Archangel Gabriel who announced this conception to Mary? Why was he chosen, rather than any other Archangel to bear the good news? Because it is the Archangel Gabriel who rules the region of Yesod. When you study the Cabbalah it becomes very clear. Gabriel's visit speaks for itself and becomes meaningful once you know the virtues and functions of the different regions. **(MARCH 25, 1995)**

There are thousands of libraries on earth, and in spite of all the books in them, humanity is no better than it used to be. What we need are living books! If the Invisible World sends great Masters and Saints into the world, it is because they are living books. Human beings need these books much more than they need the others, for they read the others and then hide them away in a cupboard, and put nothing of what they have read into practice. Whereas a living book is a stimulus and an encouragement; they are obliged to follow him, simply because he is there. He gets hold of them and shakes them up! It (May be terrible, but they are forced to follow him! Of course, most people prefer printed books because they are quiet and kind and polite, whereas a living book is always chivvying them, and people don't like being chivvied! They exclaim, 'Oh, leave us alone! We have plenty of libraries; we have our Sacred Books and we read them!' And to that the living book replies, 'I know that you read them, but you don't put them into practice. That is what I'm here for: to show you how to put them into practice. **(MARCH 27, 1988)**

On the Tree of Life music belongs in the Sephira Chokmah, ruled by the Cherubim. Chokmah is the realm of the Word, by which everything was created and the Word is nothing other than fashioned cosmic matter. Sound models and forms matter and this is how God used the Word to fashion formless matter, the 'tohuwabohu' in Genesis. He spoke upon this cosmic dust and forms came into being. The Cherubim received the divine vibration of the Word and this vibration was communicated to every other creature existing throughout space. When we sing the mystical songs of the Brotherhood as a choir, we too link with the order of Cherubim. This harmony works on us, resonating within every particle of our being, communicating its harmonious vibrations and shaping us in the form of perfect beauty. **(MARCH 7, 1999)**

In condensing, the spirit gradually formed a material substance, the raw material out of which it fashioned the countless forms of life that exist today. Spirit and matter are two aspects of God Himself. Matter is as holy and as sacred as the spirit itself, because it is a child of the spirit. The Book of Genesis says that God created Adam and Eve, and this is another way of saying that God created spirit and matter. He created Adam (spirit), and from one of Adam's ribs he fashioned Eve (matter). The initiates, who possess true knowledge, say that matter comes from the spirit, it is born of the spirit. Matter could not have been formed out of nothing; it is the fruit of God's work. **(APRIL 12, 1995)**

In one drop of blood an initiate can discover the quintessence of matter, the principles of the four elements: earth, water, air and fire.

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Blood represents the life that circulates in the universe. If we know how to consider it, we come to sense that, within us, it is blood which most resembles light. Blood is life, 'and the life is the light of all people', says St John at the beginning of his Gospel. This light is the very substance that God first called upon when creating the world, saying, 'Let there be light!', and it is this light which is condensed in our blood. So we must be vigilant and treat with the greatest respect this blood which is a condensation of light, of divine life. And in the same way that blood always returns to the heart, our life must return to the heart of the universe: to the Creator.

(MAY 1, 2004)

There is an universal law: to survive, we must know how to renew ourselves continually. And if the Church is now in the process of losing ground, it is because it has not renewed itself. For centuries it has continued to cling to old, outmoded ideas which should be abandoned. Obviously, the principles on which the Christian religion is founded can never be replaced; better principles than those found in the Gospels do not exist. But to these principles so many beliefs and practices have been added, and it is these additions that no longer have any reason to exist.

Many people also abandon the Christian faith because they find that science contradicts and obliterates the teachings of the Gospels. Well, this is too a mistake, because anyone who understands the discoveries of science will see that they only underline the truths of the Gospels. It is now up to the Church to broaden its point of view and show that scientific truths can never destroy the truths of faith.

(MAY 20, 2000)

People detest and speak ill of each other: Of course, they know full well that such a conduct is not consistent with the teaching of the Gospels, but they don't seem to care. What they do not realize, however, is that a law exists according to which those who incessantly speak ill of others are, in doing so, actually handing over their own strength and giving appropriate weapons for retaliation: They themselves are actually empowering their enemies. Do you want to disarm your enemy? If so, say good things about him, find at least one good quality and tell others about it. Then the spirits will go to him and ask how much credit he has in his bank. 'Very well,' they will say, 'You owe some to that person, over there, because he has said good things about you.' Speak ill of him, however, and the spirits come and force you to settle the score by paying out your own energies; so it is you yourself who give strength to your enemy.

(JUNE 23, 1999)

It is said in the Gospels: 'And this is life eternal, that they (May know You, the only true God.' And how is it that we can 'know God'? By fusing with Him. But fusion can take place only between objects or beings of the same nature, the same essence. For example, take a small amount of mercury, scatter it into droplets, then bring these droplets together, and once again they form only one drop. Now suppose that before gathering the droplets together, you allow a little dust to fall on some of them: however you try to reunite them, you will not succeed. Well, this is what happens to those who want to fuse with God but have not first purified themselves. As long as they remain impure, somber and mean-spirited, they cannot unite with the Creator, who is beauty, light and love. All their impurities form a barrier which prevents this union. In order to rid themselves of these impurities, they must make certain sacrifices: they must learn to master themselves, to control themselves, and only then can they attune themselves to divine vibrations and taste eternal life.

(JUNE 28, 2004)

Any attempt to prove the existence of God through argument is a fruitless undertaking. By means of reasoning, we can argue certain points to prove His existence but, by using the same

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methods, we can also prove His non-existence! The more we try to prove the existence of God, the more we risk introducing doubt in others. If people are not ready to accept what you tell them, it is no good. They must open their own minds; it is not you who can do it for them.

You will say: 'Oh, but if someone were to perform miracles before all these non-believers, they would have to believe all the great truths that religion and the sacred books teach us.' Do you really think so? At the most, they would be impressed for a few moments, as if though they were in the presence of a conjuring trick, and then they would forget. Attempts to prove the existence of God are a waste of time. There is really only one thing to do: lead human beings to that level of consciousness where the question of God's existence is no longer even asked.

(JUNE 21, 2004)

In the Book of *Genesis* it is written that on the sixth day God created humankind and that He created them in His image. But there are very few people, even among Jews and Christians, who take seriously the idea of the sublime future that awaits humankind. So what do they make of this basic truth revealed in their holy Scriptures? If humankind was created in the image of God, we must be logical and accept the consequence. And some of the consequence is in fact that despite all their imperfections, they are promised a divine, sublime future. We have no right to limit the scope of this truth, because otherwise, what future do we envisage for the image of God?

(JUNE 30, 2002)

'In the beginning when God created Heaven and earth, the earth was formless and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.' What do these first lines of the book of *Genesis* mean? Before creation, the universe was an expanse of chaos and darkness, described by the words 'formless' and 'void', 'darkness' and 'the deep'. But hovering over this chaos moved the Spirit of God.

Water is the symbol of primordial matter. Fire, the divine Spirit, fertilizes this matter in order to extract from it all its riches. As the spirit fertilizes matter, new creations gradually take shape and the Spirit discovers its powers and comes to know itself. Thus, if you ask me why God created the universe, I will reply: 'In order to know Himself.' The Cabbalah teaches that God wishes to know Himself through His reflection, and it expresses this idea through the image of water in which the face of God is reflected. Of course, the question remains: 'Why does God want to know Himself through matter?' That is the mystery.

(JUNE 2, 2003)

In the beginning of the Book of *Genesis* it says, *'The spirit of God moved upon the face of waters.'* Water symbolizes matter to which the spirit gives form. The primary characteristic of water is its adaptability; it takes any form one gives it. Another characteristic is that it can be impregnated with the rays of the sun, the elements of the earth and certain germs communicated by plants, animals and human beings, with the result that it gives birth to many different creatures. In the same way primordial cosmic matter takes all the forms that the spirit gives it and is fertilized by the seeds of the spirit. Those who know how to work with water, primary matter, become true creators.

(JULY 23, 1995)

The sign of Mercury is made up of three elements: the sign of the sun, the moon and the earth. The circle represents the sun, the masculine principle. Above it, the semi-circle represents the moon, the feminine principle, like a rib taken from the sun; for it is said in *Genesis*: *'So the Lord God caused a deep sleep to fall upon the man, and he slept: then he took one of his ribs and closed up its place with flesh. And the rib that the Lord God had taken from the man he made into a woman and brought her to the man.'*

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Mercury represents the merging, the intelligent fusion of the masculine principle and the feminine principle, the sun and the moon, united with the sign +, which is the sign of the earth. One of the many variants of the symbol of Mercury is the caduceus of Hermes, which is a wand with two serpents twined round it. It symbolizes the ability to heal souls and bodies, which is why it is now also the symbol for doctors and pharmacists. **(JULY 25, 2002)**

In the beginning ... God created the Heavens and the earth, ... The entire initiatic philosophy is contained in these first few words of the Book of *Genesis*. The Heavens and the earth ... The Heavens represent the spirit and the earth represents matter. It is for good reason that Moses first mentioned the Heavens and then the earth, because Heaven must always come first. This is what human beings have not yet understood very well. They put the earth first. And some go even further and behave as if only the earth had been created and who knows by whom! By putting the earth first, human beings have introduced an imbalance in social life and this imbalance is also reflected in them. Be aware that all imbalance stems from not understanding the place the creator has given to the spirit and matter respectively. Matter should not be neglected, of course not, but it is far more detrimental to humankind not to have understood once and for all that they must put the spirit first. **(AUGUST 5, 2002)**

It is said in the Book of *Genesis* that when God created the first man and the first woman, He gave them a name: Adam and Eve. He then took the animals and plants He had created to them to see what they would call them. Why is giving a name so important? Because the name represents, summarizes, contains the entity that bears it.

When a being succeeds in elevating himself (or herself) to a higher degree of consciousness, he is given a new name. This is because he is a regenerated being. He is born a second time and must be given a name that corresponds to this second birth. Through its vibrations, his new name expresses exactly the quintessence to his spiritual being. Every man, every woman has a name given to them by their parents at birth, but in the majority of cases this name corresponds to almost nothing. Whereas the name they are given by the celestial entities is exactly what they are in the depth of their being. **(AUGUST 9, 2002)**

In the Book of *Genesis* it says that God created man in His image. How many human beings are aware of being bearers of God's image? Most of them have left an accumulation of so many layers of impurities upon this image that the features have almost disappeared. The day man manages to bring it to light again within him, the spirits of nature will enter his service. When he has to make a request, they will be happy to grant it because they will see this image – the only one they respect.

If they do not see within you this image, not only do these entities oppose you but they can also annihilate you. This is how black magicians who wanted to command the spirits of nature became their victims: the spirits took revenge and tore them apart because they dislike obeying people who have no love, purity or light and who try to impose themselves upon them with the sole energy of magical conjurations. They have respect for only one power: the light that the initiate projects when he has succeeded in making God's true image come to light within himself. **(AUGUST 26, 2001)**

Creation is the work of the number 2. What is this number 2, however? It is the number 1 polarized into positive and negative, masculine and feminine, active and passive. As soon as number 1 wants to manifest itself, it must divide. Unity is the privilege of God Himself, His exclusive domain. In order to create, God – the 1, had to become 2: there is not creation

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possible in 1 because there cannot be any exchange. God therefore projected Himself out of Himself by polarizing, and the universe was born from the existence of these two poles. The positive pole attracts the negative pole and the negative pole attracts the positive. It is this mechanism of action and reaction which sparks off and maintain the movement causes stagnation and death, the return to the initial indifferent state. The first lines of the Book of Genesis tell how creation occurred through a succession of divisions.

- On the first day of creation God separated light from darkness.
- On the second day He separated the waters above from the waters below.
- On the third day He gathered the waters of earth together.

1 is therefore an entity enclosed within itself. In order to be released, the entity must become 2.

(AUGUST 26, 1999)

It is said in the Book of Zohar that the face of the first man was identical to that of the Creator. Later on, when the spirit of rebellion had awakened in him (a process symbolized by the serpent wrapped around the Tree of Knowledge of Good and Evil), he left Paradise. He descended into the denser regions of matter where he learned about cold, darkness, sickness and death, and his face changed. Now that he is no longer the faithful image of God, he has lost his power. The spirits of nature no longer obey him and instead take pleasure in tormenting him. But he must strive to find this primordial face again and, when he does, all the spirits of the universe will submit to him once more. Until then he will continue to resemble the prodigal son of the Gospel parable who, having left his father's house to travel the world, ends wretchedly as a swineherd. But this prodigal son finally concludes that he should return to his Father's house. And one day you too will finally understand that you must return to the Source – to the light, love and life of the heavenly Father – in order to recover your true face.

(AUGUST 8, 2004)

According to initiatic science, roses are entities from the planet Venus who have accepted to incarnate on earth to help human beings. But who is aware of this fact? Roses are used to decorate gardens and apartments, attract men or seduce women. Their real role is to help us discover the path of true love. The role and message of the rose is to show us a love that never confines, that only gives freedom. It is the queen of flowers, because it teaches us true love. When human beings understand what a sacrifice roses have made in coming here and when they accept to listen to their message, perhaps they too will come to resemble them. Then, wherever they may pass, the atmosphere will be perfumed with the delicious fragrance they exhale.

(AUGUST 27, 1998)

Many people carry within themselves so many negative elements which paralyze them and the result is that they are unable to show an open, welcoming face, even if they try: impossible to make their facial muscles move, to bring life to their expression, everything remain fixed. And if they smile, all you see is a grimace. Proof they have spent all their lives stagnating in the lower regions of the will, the heart and the intellect, without even an element of the soul and the spirit ever coming near to them.

The Gospels say that only children will enter the Kingdom of God. Why? Because children laugh and smile; they are alive. This is why you must heed the expressions of your face. If you arrive before the door of Paradise with a stony face, you will be told: 'No, you can't come in with a face like that. Here we only allow children's faces.' Yes, indeed, there are beings by the doors up above who look at your expression and if you have a forbidding look on your face, they will say: 'Go on, away with you! We don't want you here.' You do not believe it? Well, go and find out.

(SEPTEMBER 20, 2000)

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Many people who have tried to transform their lives are discouraged because they still have the same failings. The fact of the matter is that the only way to overcome one's weaknesses is to exchange one's bad habits for good ones, to replace one's old stereotypes by new and better ones. But in order to do this successfully one has to be extremely vigilant. If you are not vigilant you will forget, and when you forget the old habit, the old stereotype pops up and manifests itself with great fidelity.

We read in the Gospels, *'Be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour'*. Herein lies the secret of success in changing oneself: vigilance. Henceforth, therefore, you must practise and learn to make new, different gestures, speak different words and look at things in a new light, so that the stereotypes of the New Life that is coming into this world from the heavenly regions, may be deeply etched into your being. If you practise these new habits regularly you will transform yourself. **(SEPTEMBER 3, 1987)**

It is written in the Book of Genesis that on the sixth day, after having separated the earth from the waters and created the sun, moon, stars, plants and animals, God said: 'Let us make man in our image, after our likeness.' The universe is the body of God, a body which He animates with His spirit. In the same way, the human being has a body which is a reflection of the universe, and the spirit which animates this body is a spark from the divine Spirit. So God is not a monarch who reigns far from view in some inaccessible place in the farthest reaches of heaven. Undoubtedly there is no being who is more impenetrable or imperceptible, but at the same time He is the closest, for He is inside us. Thus, there is a great work for us to carry out so that we (May sense and bring to life this presence within us. Nothing is more precious than the sensation that we are inhabited by God and, then, whatever happens, nothing can shake our conviction. **(SEPTEMBER 4, 2004)**

You have to be able to transpose certain moral, philosophical or mystical notions onto a different plane. For instance, according to the Gospels, fasting drives out unclean spirits, but a fast should not only take place on the physical plane. If evil spirits are dwelling in the physical body in the form of illness, physical fasting (May chase them away. However, these spirits (May also be dwelling in the astral and mental body in the form of irrational thoughts and coarse feelings and desires. If you are 'possessed', the spirits living within you will always urge you to absorb nourishment pleasing to them. So, in order to rid yourself of these evil spirits do not give them anything more to eat: in other words, you should try not to have any more selfish feelings or self-centered thoughts, and replace them with pure, luminous thoughts and feelings. By depriving these dark spirits of their food you will make them fast and so, feeling the threat of death by starvation, they will leave you. That is how fasting should be understood. **(SEPTEMBER 11, 1999)**

There are certain moments when believers, even many mystics, have felt as though God had abandoned them. As if it is God who changes towards us! Yes, it is we who are always steadfast, always unwavering in our faith and love, and God who is fickle! Sacred scriptures say that God is faithful and true, and although believers repeat these words, they are forever wondering why God does not look at them or listen to them, and why He abandons them. But it is not God who abandons us, it is we who abandon Him. How do we do this? Instead of striving to rise above the clouds, we let ourselves go, we descend, and beneath the clouds it is obviously cold and dark. We must stay high above the clouds where cold and darkness do not exist, for it is here that God dwells, and here that we too (May dwell. **(SEPTEMBER 16, 2003)**

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When we read the lives of the saints, the prophets and the initiates, we find that all of them have undergone terrible ordeals. Those who understood their meaning were not discouraged and did not rebel; they knew that it was thanks to these trials that they would become divinities. But others who had not yet gained sufficient light were overwhelmed and sometimes even rebelled: why did heaven not come to their aid? They had sacrificed everything for it, and now they were being abandoned!

What spiritualists often lack is true knowledge. Because they have consecrated their life to God, they imagine they will see streams flowing with milk and honey, that they will walk on rose petals and be crowned in glory. It is true that such promises are found in the Bible, and it is also true that this will come to be, but only when they have passed every test! In the meantime, whatever their ordeals (May be, those who possess true light must learn to use them for their evolution.

(SEPTEMBER 8, 2004)

You can have children who do not belong to the same spiritual family as you and, in this case, they are not really your children: you are not responsible for their acts nor they for yours. The Bible says that the punishment for a man's sin falls not only on him, but on his children and their children after them to the fourth generation. What have these children done to deserve to suffer in this way? If it were not they but their father or grandfather who sinned, it seems very unjust that they should be punished. No, because those who pay for the sins of their parents by inheriting the same vices and illnesses are truly their children. If they had other mothers or fathers they would not have to suffer. Criminals have been known to produce children who were saints; the most ordinary people have sometimes given birth to a genius. Children are not always affected by the crimes of their parents and, when they are, it is because their previous way of life was similar, so they were drawn to reincarnate amongst people of their own kind. The law obliges them be born into that family so as to bear the same trials as their parents.

(SEPTEMBER 22, 1988)

There are several different facets of what we call 'attention'. The most obvious form of attention is the sustained mental effort required to accomplish a task, listen to a lecture or read a book. But there is another kind of attention, the attention of self-observation or introspection which consists in being aware at each instant of what is going on within ourselves, of discerning the nature of our inner conflicts and of all the currents, desires and thoughts that go through us and influence us. It is this kind of attention that is not sufficiently developed.

The Bible says, *'Be sober, be vigilant; because your adversary the devil walks about like a roaring lion seeking whom he (May devour.'* Never fear, you will see neither lions nor devils on the physical plane: the danger lies within! That is where your desires and all your schemes, passions and lusts are waiting to devour you.

(SEPTEMBER 2, 1988)

Disciples are people who think only of using their time, energy and all the materials nature and the Lord has given them to progress and realize the highest ideal. Just like the good slave in the Gospel who was given several talents by his master before the latter went on his travels, disciples do not bury their talents in the ground, like the bad slave, leaving them non-productive, rather they work to make them bear fruit. Disciples are intelligent, sensible servants who want to use everything Heaven has bestowed on them to do divine work. Be it air, water, food, be it thought or feeling, be it their bodies, their eyes, their ears, everything that exists in nature, they are able to put all these things to work. And whereas many waste their time, fritter way their strengths and become weak and impoverished because they have no working method, disciples grow richer every day and let others benefit from their acquisitions.

(OCTOBER 27, 2000)

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The essential truths that Christians need for their evolution are contained in the Gospels. Many people will say they have read them and have not discovered much in them, which is why they are now turning towards oriental teachings. Well, this simply proves that they have understood nothing of the immense wisdom that was destined for them in the wisdom of the Gospels. Yes, I know, people have had their fill of these texts that they know so well, and they want a change of diet, but they must realise that it is dangerous to go searching for it in teachings which were not destined for them, which were not designed for their structure or their mentality. It is the teaching of Christ that is meant for Westerners, but they have not yet either read it seriously or meditated on it. You will say: 'Yes, but I am looking for something else...' Yes, but with what intention? Very often, people follow an oriental teaching as a distraction or to appear more interesting in the eyes of others. But this serves no purpose, and it simply proves that they love the exotic and not the simple truth. **(OCTOBER 31, 2003)**

Consciously or unconsciously, every human being seeks his soul mate. In fact, our soul mate is ourself, the other pole of ourselves which lives on high close to God in perfection and fulfilment. This is why in all the initiations the disciples were taught how to rediscover themselves. In India, the methods of Jnani-yoga enable the yogi to unite with his higher Self, for by uniting with our higher Self we become united with God Himself. In Greece we find the same idea expressed in the formula inscribed on the front of the temple at Delphi: 'Know Thyself'. This phrase, in fact, does not have the meaning usually attributed to it: accept that you are a human being and that as such you are limited. True knowledge is a fusion of the two principles. This is the meaning of the words in Genesis: 'And Adam knew Eve' or 'Abraham knew Sarah'. 'Know Thyself' thus means: find the other pole in yourself, your complementary half. If you are a man, the other pole within you is the feminine principle and, if you are a woman, it is the masculine principle, with which you unite in purity and light. **(OCTOBER 13, 2004)**

In the Book of Genesis, Moses recounts the expulsion of Adam and Eve from Paradise after they have disobeyed God. But this is only a means of explaining the descent of human beings into matter. This descent, in fact, was neither a mistake nor an accident; it was foreseen by Cosmic Intelligence. Why? Because in order to attain knowledge in its totality, human beings were required to develop their intellectual faculties; and in order to develop these faculties, they had to devote themselves to the exploration of matter, which meant placing themselves in conditions which temporarily diminished their perception of the spiritual world. Human beings today find themselves at this stage of their evolution: they are immersed in materialism. But it is not the final stage: when this experience is complete, they will return once again to the regions of the soul and spirit which they left behind, and thanks to all they have experienced in the material realm by way of the intellect, they will return enriched. **(OCTOBER 27, 2004)**

The sacred books are the work of exceptional beings who, through prayer, meditation, and contemplation, succeeded in attaining the world of sublime truths. To understand these works, we must be able to vibrate on the same wavelength as these great beings and to follow the same path as them. And in order to do this we must begin by adopting their lifestyle, because lifestyle is everything. It is their lifestyle that has enabled the prophets, the initiates, and the great masters to approach the divinity, and it is this that you must adopt in your turn, for there is no other way. Do not worry about understanding the Bible or other sacred books right away, because they are often difficult to read; read them, but do not be troubled by them. But at the same time, work on yourself; impose a discipline on your life which will bring you closer to the world of the spirit. Jesus said to his disciples: 'I still have many things to say to you, but you cannot bear them now. When the Spirit of Truth comes, he will guide you into all the truth.'

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Without this contact with the Spirit, which one can obtain only through true asceticism, no understanding of the sacred books is possible. **(OCTOBER 5, 2003)**

In the future, an artist will not be judged on his works alone; people will want to know the author of those works so as to admire the poetry, music, light and forms emanating from him. In the future, artists will spend their lives writing their own book, carving their own statue, painting their own picture; they will seek to live a life of poetry, to express music through their every thought and gesture, to mould their countenances in the image of God. A great deal of time, effort and hard work are needed to reach this point, but that should not be allowed to hold you back, for you must know that man's external creations never really belong to him, he is obliged to abandon them when he dies, whereas the work that he carries out on himself lasts for eternity.

(OCTOBER 25, 1988)

The sacred books often mention a part played by some precious garment: frock, tunic or veil. This garment is symbolic. It represents the aura, that is, the spiritual emanation from the inner being. The Old Testament relates that Joseph's brothers were jealous of him because Jacob, their father, had offered him a beautiful tunic. Actually, when Moses mentions Joseph's tunic, he specifies that it was made of many colors. This detail induces us to establish a link between this garment and the aura, the pure and sparkling colors corresponding to the different qualities and virtues. This garment of light and colors is given to us by the divine world as a reward for our work. All the threads and colors are at our disposal, but it is we who must fetch and weave them. With the violet (spiritual love), indigo (force), blue (faith), green (hope), yellow (wisdom), orange (godliness) and red (life), you will patiently weave this beautiful garment that will protect you on your path through this dark forest of life.

(NOVEMBER 27, 2001)

It is said in Genesis: 'God created humankind in His image, in the image of God he created them; male and female He created them.' Which means, according to the Zohar, that God created Adam, primordial man, as male and female, in other words having both principles. You will say: 'And what about Eve? It is written that then God created Eve.' Yes, God took the feminine principle from the masculine principle. He objected her before Him. The meaning of this image of God taking one of Adam's ribs and making it into Eve has greatly preoccupied theologians.

Adam and Eve are not a man and a woman. They are symbols. Adam is the masculine principle, who begat Eve, the feminine principle. And what does that mean? That the first principle came out of his state of extreme subtleness in order to condense, and in so doing he created another principle, Eve. It is said in Genesis that Adam was created before Eve because Moses, who was an initiate, knew that the masculine principle always manifests first. He is first because he is the creative principle: He is the basis of creation and therefore also the basis of all matter. Matter is a condensation of the power of the spirit which Moses describes by means of an image: Eve drawn from one of Adam's ribs. Matter is a condensation of the forces of the spirit and that is why, symbolically, the feminine principle always comes after the masculine principle.

(NOVEMBER 5, 1999)

In the beginning, at the commencement of everything that exists, there was light. And this light is the Christ, the solar spirit. The spirit of the Christ first manifests in the sephirah Chokmah, the highest glory, the Word, without which, as Saint John the Divine says in his Gospel, 'nothing was made that was made'. Then the spirit of Christ manifests under another aspect in the sephirah Tipheret, the sun.

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When you go to watch the sun rise each morning, as you link with it, imagine that it is with its spirit that you unite; yes, the spirit of the sun is none other than the spirit of Christ, an emanation of the Godhead. Open yourselves up to the sun: it is not enough just to be there and gaze at it. To have total contact with the quintessence of its light, your spirit must link with it and enter into it. As soon as you plunge into that world of light, a few particles of light penetrate within you and you receive revelations of divine splendour. **(NOVEMBER 13, 1998)**

When we speak about 'attention', we must know that this work can be interpreted in several ways. Usually, of course, it means that sustained attention we all need in order to do our work effectively, to understand what has been said to us, or to read a book, etc. However, there is another form of attention known as self-awareness of all our inner experiences and phenomena, all passing desires and thoughts, all influences and conflicts. It is this attention that is not yet sufficiently developed.

The Gospels say, '*Be vigilant, because the devil, like a roaring lion, is ready to devour you.*' Take heart, because you will see neither lions nor devils in the flesh! It is inside that these creatures threaten you, trying to overpower you with desires, plans, passions and jealousy, and you must be very attentive or they will devour you. **(NOVEMBER 19, 1998)**

You have received the gift of certain qualities and talents from the Creator and, one day, you are going to have to account for the use you have made of them. You are all familiar with the Gospel Story of the master who distributed money to his servants before leaving on a journey. To the first he gave three talents, to the second one and to the third five. When he came back from his travels he asked them how they had used the money. Those who had received several talents had invested them and earned more, but he who had received only one had buried it in the ground. The master punished this servant and rewarded his two companions. One day, Heaven is going to ask you to account for all the qualities, gifts and virtues that you have received: Are you going to have to admit that you have buried them and left them to rot, or will you be able to say that they have born fruit? Your punishment or reward will depend on the answer you give.

(NOVEMBER 23, 1999)

Do not seek clairvoyance through occult methods. True clairvoyance, the true eyes, are in the heart, and it is love which opens these eyes. When you love another, what do you see in him? You see things that no one else sees, because love makes true clairvoyance possible. A woman who loves a man sees him as a divinity, and do not tell her she is mistaken! Objectively speaking, yes, she is mistaken; but if she seems to exaggerate the beauty and virtues of her beloved, it is because she sees him as God originally created him, or as he will be when he returns to the womb of the Eternal. You have not yet understood the power of love to open the eyes of the soul. Those of you who wish to become clairvoyant must learn to love. Your hearts must call out for help, like the blind man in the Gospels: 'Have pity on us, Lord.' Launch an appeal, and one day the light of the cosmos will come and ask what it can do for you. '*Open our eyes!*' you will say, and your eyes will be opened. **(NOVEMBER 5, 2004)**

The Bible tells us that one day God will come to live in all hearts, inscribing His law, the law of love, within us. When that happens, people will no longer need to be preached at about religion or morals, because everybody will have an innate knowledge of how to behave, love, be of service and work. Religions exist because human beings do not know how to live in love, and in any case, religion is incapable of truly leading people to God. With the coming of love, religions will become superfluous, or, to express it better, they will be transformed into an inner work

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manifesting as goodness, radiance, sacrifice, gentleness and light. Religion had to be introduced when love left humankind. When love returns, external religions will fade away, because they will be found once again in our hearts. **(DECEMBER 28, 1998)**

When a child learns to read it starts by identifying the letters of the alphabet. Once it has learnt them well, it can gradually identify them in words it comes across, until the day it is able to read whole sentences. The same applies to the disciple who, during the course of his initiation, passes through numerous phases in the course of which he gradually begins to see and make out the letters of the great cosmic book, which are the basic elements of creation. And when John writes in the beginning of his Gospel: 'In the beginning the Word already was. The Word was in God's presence and what God was, the Word was. ... and through him all things came to be ...' it means that in the beginning all the principles of the divine alphabet came into action: From top to bottom of creation, right to the physical plane, they reproduced the same structures they had created up above. Everything that exists on the physical plane can be considered as words, sentences, poems composed with different elements of the Word. **(DECEMBER 8, 1999)**

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Encyclopedia Initiatic Science

Book 53: Faith:

what is it & how does people live & experience it in daily life

What does it mean to believe in God? In fact it has little meaning. We must communicate with God, we must touch Him and feel Him, and when we do we no longer even have to ask ourselves whether we believe in Him: we are living Him. To believe implies that the object of our belief is outside ourselves, that we have never truly felt it: we believe but without really knowing why we believe, or even what it is we believe in.

People say: 'I believe', but this does not mean very much; they must go further. Atheists are also believers in their own way; they believe God does not exist. It is just as much a belief, except that it does nothing for them, for one cannot live something which does not exist. Doubt about the existence of God has no reality. It is a non-existence, and one cannot taste or nourish oneself on this non-existence, whereas it is possible to taste the reality of God, and not only to taste it, but to live it.

Our faith is based on all our experiences over the course of our past incarnations, and these experiences are engraved on our soul. Yes, everything we have studied, verified, and lived in our previous lives forms the basis of our faith. We can only have faith in something we have experienced; otherwise it is merely belief, not faith. You have faith in God, because you have communed with Him, you have been in touch with Him, and been so marked by this contact that you can doubt no longer. Your faith in Him is imprinted on you. You know that a certain road leads to a certain place because you already know the way. However, if you claim that just around a certain corner you will find palaces and gardens, whereas in reality there are only swamps and sheer cliffs, it is only because you were motivated by the need to believe, not the certainty of faith. Belief is the result of a subjective desire: you imagine it will come true, but more frequently it does not. Faith, on the other hand, is an absolute certainty which leads to fulfilment.

When people make do with beliefs, not knowing what else to base their faith on, it is as if they have been hypnotized. By hypnotizing someone, you can persuade him, for instance, that he is at a banquet. When he becomes conscious again, he is even able to describe the menu in detail and declares how satisfied he is with everything he has eaten and drunk. Yet his stomach is empty, and on this diet he would quickly collapse. Well, credulity is a form of hypnosis: certain people believe what they are told to believe or what they want to believe, despite all evidence to the contrary. This explains why most people are misled by their beliefs, whereas those who know how to work on faith and with faith savour fruits each day that are very real and nourishing. Faith is always the product of experience.

The Gospels say, '*For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, "Move from here to there," and it will move...*' Of course, this is symbolic. Jesus never thought that people would be able to move mountains from one place to another, because those mountains are quite happy where they are. So, do not concern yourselves with moving mountains around; let them be. Nature has placed them with great precision, to act as transmitters for special currents and radiations. The mountains Jesus refers to are situated

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elsewhere-in the intellect, the heart and the will. We neglect these mountains of darkness, egoism and laziness and want to attack the lovely, innocent mountains created by God! Did Jesus move mountains around? No, he didn't bother himself with such things; instead, he shifted the mountains, kingdoms, and whole continents which exist in the minds and hearts of human beings.

Perhaps the only thing that people cannot deny is the experience of suffering or joy. They may doubt what they see, what they hear or what they touch, but there is never any doubt about the feelings they experience.

Feelings enable us to touch the heart of things, to taste them and live them. There are many who feel nothing when faced with some lovely sight. They may see the most beautiful natural sight of all-the sunrise-and yet not be touched by it. So what is the point of watching the rising sun? What good will it do to see heaven opening before our eyes, if that splendour leaves us unaffected? Whereas if we can feel heaven, it is as if heaven is within us, and we do not need to see it.

Understand this clearly: all that we see, touch and imagine to be near at hand is in fact far away. Only what we feel is near. That is why true clairvoyance is a matter of deep inner feeling, and not a vision of something outside ourselves.

When we accept the idea of reincarnation, we begin to understand that there is a reason for all that happens in life. It is not by chance that we are born into a particular country and into such-and-such a family, that we possess certain qualities and have varying situations to cope with. Everything has its cause, more or less remote, in a previous existence. Of course, this knowledge will influence our reactions, because when we understand that everything has a reason, we stop revolting against trials and setbacks. We know that these tests are the result of laws broken in previous incarnations, and we accept them, without accusing someone else of being the cause of our unhappiness.

Finally, belief in reincarnation stimulates people to reinforce their will-power. They set to work to repair their past errors and also to avoid reprehensible acts, which they know will lead to suffering. They work hard to create a future filled with light.

'I know all that. There is nothing more for me to learn. I understand everything!' This is the worst possible attitude to adopt if you want to evolve, because it causes stagnation in you and makes further progress impossible.

Never react like this. On the contrary, say every day, 'At last, today I understand! Only yesterday I understood nothing.' And the next day you will come to the same conclusion. How many people, for example, believe they know what love is? In fact, they have only experienced the first basic signs and emotions at the most elementary level, and yet they think they know it all. So they are stuck in that state, dull and disillusioned. Many thousands and thousands of degrees of love exist, and each day one must experience some of these, exclaiming, '*My God! Yesterday I thought I knew all about love, but today I realize I knew very little. Now, at last I am beginning to understand ...*' And the following day you repeat the same words.

Disciples of an initiatic school must do all they can to settle harmoniously any problems with those near to them, otherwise, they will create new karmic debts. Why do members of the same family have to settle their arguments over money in court? Why are they not above all that? Why are they so attached to their own interests and possessions? It would be so simple to make a generous gesture and be free of this pettiness. To begin with, of course, such a gesture would

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not come easily – it would go against the grain and be a difficult step to take. But if a reconciliatory gesture could be given, whole new worlds and fresh insights would open up and these people would be the proudest and happiest of all, because they would have achieved something very hard to do: They would have conquered their inferior, greedy and possessive natures.

The lower nature ceaselessly counsels people to defend their interests with tooth and claw, even to the point of fighting in the courts of law. And these same people believe they are capable of following a spiritual teaching! But no, they are not.

The foremost task of an instructor is to awaken in children a sense of the divine world and of the hierarchy of celestial creatures ascending all the way to the throne of God. Yes, it is essential to instil in the souls and spirits of the younger generation the idea that a sublime world exists, to which they can turn for strength, courage and inspiration, not only in difficulties and trials, but in all circumstances of daily life as well. You should not expect young people to know and relate to the divine world immediately, even if they have been instructed in the truths of initiatic science. However, they will always be able to draw on spiritual resources through this connection with Heaven, and an inner world of great riches and power will always be at their disposal. And at times when other young people may despair, break down or succumb to criminal ways, they will advance and become wonderful examples.

When you work within the limits of your capabilities and gifts, you are likely to succeed and that success will bring you increased confidence. But if you launch out on some vast undertaking, you run the risk of failure and your confidence will diminish. Would you like your confidence to become stronger? If you would, instead of trying to move a mountain, begin by picking up pebbles, one by one. If you work at this every day you will gradually gain the strength to move a whole mountain. Of course, this metaphor needs interpretation.

It is a human failing to want to plunge with far too much haste into huge ventures, but this is a mistake. We must begin with little things. Supposing you are a singer: to make your debut, you would not apply to sing at the Metropolitan Opera House, because you would be booed off the stage and would only end your career in some backwater, singing to an audience of a few gawking bystander. You would do best to choose a chicken coop as your concert hall and sing to an audience of hens, and then, if the chicken stop pecking to listen to your songs, you will know that you are talented and will one day be capable of recitals in some lovely opera house.

To understand how psychic energies circulate and work in human beings, we have to observe how they circulate and work in nature. Look at a tree: the higher its trunk and branches, the deeper its roots descend into the ground. This system of compensation exists on every plane, whether physical, mental, emotional, or spiritual. So the higher our consciousness rises, the deeper we must descend into our subconscious.

Those who decide to embrace the life of the spirit make a great mistake if they disregard the reality of the obscure world inside themselves. They imagine that just wanting to work for the light, to be wise, just and unselfish, is enough to guarantee that they achieve these qualities. Sadly, it is not so. Every level of consciousness attained corresponds to certain currents, energies, and entities, and a spiritual person must watch carefully to maintain a correct balance between these two worlds.

You often think: 'Why does the invisible world not give us prior warning of the trials we will have to endure?' Well, it is because, when we are faced with an unexpected situation, we are forced

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to go deeper within ourselves and make a greater effort. You will all have to face such trials – you will be glad to hear!

In the ancient initiations those who had to walk across a fire were, in fact, really walking across an artificial fire, but they did not know that: they thought the fire was real. If they were frightened and drew back, it showed that they were not worthy of initiation, and so were sent away. Those, however, who were bold, daring and full of faith, walked across the fire and subsequently discovered that it was only an illusion. You could say that all the trials of life are illusory. Before we tackle them, we think: 'How awful! I am going to suffer dreadfully.' But if we are able to handle them correctly, we must admit that, in reality, it was not so difficult after all.

It is generally believed that anything that is fine, delicate and tenuous is not as capable of withstanding aggression as something that is not. That is a mistake. Look at what happens in the different realms of nature. On the surface, stones would seem to be the toughest, but in reality plants are able to withstand even more than stones because plants are alive. And animals are able to withstand even more than plants because animals are able to move. And human beings have even more ways to escape difficult situations, but because they have not yet worked at refining and purifying themselves they continue to be at the mercy of circumstances, as well as of the forces and entities of the invisible world.

If you climb high up the ladder of beings you will find creatures which have so purified their bodies and so intensified their lives that they have become impossible to catch or restrict. And above all these creatures there is the Lord, who is the only being of such immateriality that He is totally elusive and indefinable: so much so, in fact, that we cannot even conceive of Him.

Because they themselves are dishonest, sly and malicious, many people cannot believe that there is such a thing as an honest, sincere and good person. Yes, they judge others according to their own natures and that is why they are always suspicious. Those, however, who are noble and unselfish find it difficult to see malice, betrayal or treachery because they also see others according to their own qualities. People can only see through their own eyes and what their eyes see is formed by their own thoughts, feelings, desires and inclinations. If you meet someone who talks only about another's faults, be aware that in fact these faults belong to the speaker himself: because if he were noble, good, honest and had love, above all, he would also see those same qualities reflected in others.

You should never forget that human beings are at the border of the higher and lower worlds. The Christian religion expresses this idea with the image of the guardian angel who stands on the right and the devil who stands on the left. The angel advises and enlightens whilst the devil seeks to lead astray and so make human beings his victim. This is a rather simplistic way of putting things, but that is how it is in reality. In fact human beings have two natures: a lower nature and a higher nature. Depending on their degree of evolution they favour one or the other and that is how they come into contact with the spirits of light. Some people say that they do not believe in the entities of the invisible world. Well, whether they believe in them or not is irrelevant: their lower nature and their higher nature are there and it is impossible not to see them. It is up to each one of us to decide which influence we will accept.

When you are able to put the Lord first, above all your desires and personal interests, a great transformation takes place within you and your whole system becomes a beautifully organized structure.

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To place the Lord at the head of your being is to discover an unshakeable point of equilibrium. When an object rests solidly on a fulcrum you can move it in all directions and it will automatically return to its position of balance. The same applies to human beings. As long as you have not found your support in God, the slightest disruption or distress in your life can throw you off balance. But when you have learned to put all your hopes, your faith, your trust and your love in the Creator, you will remain firm and strong, whatever may happen.

The most discouraging fact about human beings is that they accept the idea of a life of limitations. They consider weakness, sickness and unhappiness to be normal, because they cannot imagine that life could be otherwise. Of course we can never escape certain restrictions imposed on us by nature, but we can step back from these limitations and refuse to consider ourselves forever prisoners or victims. We can try to prolong our good states and good conditions, or delay the advent of negative situations, but in order to do so we must at least believe this is possible. Unfortunately, when you observe human beings you notice that they behave as if they were hypnotized, as if someone had drawn a line in front of them and forbidden them to cross it. And they truly believe they cannot cross it, that this restriction is the normal human state of affairs! But no! They do not know themselves; they are ignorant of all they possess – all the treasures and powers God has given them – so they stay bogged down in the same old place. So, from now on, human beings must push these limitations away so they may feel and touch the riches within them.

When a disciple works to identify with his master, he establishes a truly magical bond and, thanks to this bond, gradually begins to resemble his master. Perhaps not physically – although this is possible with a great deal of willpower, with a great deal of faith and time – but inwardly he receives his master's wisdom and light. For the disciple, then, true magic lies in the work of identifying with his master to find the treasures buried in his master's soul, heart, intelligence and will, so all these treasures flow into him. Because the master is neither selfish nor miserly, he wants to give in abundance. And even if the master sees that one of his disciples is beginning to surpass him, he is delighted and says: 'This disciple is one of my children; if he is greater than I, so much the better, for I am the father.' And the sight of that child fills him with pride.

Even though they benefit from the same soil, temperature, humidity and care, some trees produce flowers with brilliant colours, exquisite fragrance, and delicious fruits, whereas others produce drab, odourless flowers and inedible fruits. Well, the same can be said for human beings. This is why, although they believe that their destiny – their evolution or their fall, their success or failure – are determined by chance events in society or in their families, they are only superficially correct. In reality everything depends on the nature of the seed or the kernel each one of us represents, on the way we think and feel, on the way we experience events and learn from them. This is why, instead of always seeking to change our conditions, we must work on ourselves.

Contrary to what Christians have believed for centuries and to what some continue to believe, there is no eternal damnation for human beings. What can happen, although it is very rare, is this: when a person takes pleasure in evil and persists in working consciously against God's plans, against the light, he becomes so overburdened, so shrouded in darkness, that finally he creates a separation between his human and divine souls. The divine soul, in the form of a spark, leaves him and returns to the ocean of primary light. Then the human soul, deprived of

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this spark, disintegrates and disappears. Otherwise, whatever sins or transgressions may have been committed, the human soul is able to purify itself, thanks to its connection with the divine soul, which always seeks to lead the human soul toward the light.

Those who are dishonest, unjust, and malicious cannot believe that honest, just and good people exist, because they judge the entire world in relation to themselves. This is why they are always critical and suspicious. And inversely, those who possess great moral qualities hardly notice the faults of those around them, because they see others through the qualities they themselves possess. We can only see through our own eyes, and it is we who condition our eyes by means of our thoughts and feelings. If you meet someone who only talks of another's faults, realize they are first talking about himself (or herself), because he (or she) has those very same faults. If we are noble, good, honest and, above all, loving, we would find all these good qualities in others as well.

There is not a single person on earth to whom life has not brought a number of problems to resolve. This is why all sages agree on this point: life is the one true master. They themselves, of course, are able to teach others because they are highly evolved beings who have worked hard and suffered a great deal. They can therefore help others through their own experiences. But even these beings bear no comparison to the greatest teacher of all: life. And life is the master of the greatest sages, also.

Human beings think they can control life and behave as they see fit, but it is life, on the contrary, which teaches them. It is from life, in fact, that they learn their most important lessons, because life knows precisely the point on which they need instruction. Whether it be on the physical, emotional or intellectual plane, every fault, every weakness represents a lesson to be learned. And it is useless to try to play truant from 'school', because sooner or later life catches up with us.

Instead of dwelling on your faults, which are the result of bad habits acquired in previous incarnations, it is better to concern yourself with what you can build for the future. Tell yourself: 'Now I am going to create something new,' and every day, with unwavering faith, with absolute conviction, work towards this end. This means, to take all the elements God has given you – imagination, thought, and feeling – and by means of concentration, project the most beautiful images within yourself. See yourself surrounded by music, by light, by the sun's rays. See yourself in the perfection of form with qualities, gifts and virtues: goodness, generosity, the ability to support others, to help them, to enlighten them. Since everything is recorded, seek to record all that is best, and one day this luminous, perfect creation will outshine all the deficiencies and imperfections of the past.

There is an universal law: to survive, we must know how to renew ourselves continually. And if the Church is now in the process of losing ground, it is because it has not renewed itself. For centuries it has continued to cling to old, outmoded ideas which should be abandoned. Obviously, the principles on which the Christian religion is founded can never be replaced; better principles than those found in the Gospels do not exist. But to these principles so many beliefs and practices have been added, and it is these additions that no longer have any reason to exist.

Many people also abandon the Christian faith because they find that science contradicts and obliterates the teachings of the Gospels. Well, this is too a mistake, because anyone who understands the discoveries of science will see that they only underline the truths of the

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Gospels. It is now up to the Church to broaden its point of view and show that scientific truths can never destroy the truths of faith.

Everything occurring in your life is designed to teach you how to think, how to act, what to rely on, what to concern yourself with. Everything is meant to lead you to an understanding that is far greater, deeper and more authentic. As long as you do not see this, you will suffer.

So make a habit of considering the difficulties you encounter as opportunities to improve, to become wiser, and above all to become freer. Then, instead of moaning and feeling miserable, you will thank Heaven and say: 'Lord God, if it had been up to me to find ways to rise to You, it is doubtful I could have succeeded in this incarnation, nor even in the next. My Lord, how good You are, because You want to extricate me from these swampy places in which I am, squelching around. I thank You.' And you tackle all the difficulties which come your way with enthusiasm, so as to understand them in this new light.

In the Acts of the Apostles it is said that, on the day of the Pentecost, the Holy Spirit descended upon the apostles in the form of tongues of fire. This descent of the Holy Spirit is actually a symbol which is found in one form or another in all religions. Presented as such, one might believe the Holy Spirit to be an entity foreign to humankind, but no, the Holy Spirit is our higher Self, that is to say the symbol of all that is luminous and powerful, of everything divine. When a human being receives the Holy Spirit, it is his own spirit that descends into him, his own spirit, which is his higher Self.

We are linked to our higher Self, which waits to enter and take possession of us, but it is we ourselves who, through our impurities, may block the way. If we truly purify ourselves, if one day we achieve true sanctification, the Holy Spirit will descend into us, that is to say into our own higher Self, and our higher Self can then accomplish miracles.

Young children have an innate sense of wonder, and they know that everything is alive and intelligent. Stones, plants, and animals talk to them, and children speak to them as well. After a few years, unfortunately, they lose this sense of wonder because adults make fun of them, and even if they do not actually make fun of them, their materialistic and coarse attitudes finally rub off. And when this happens we can say that children have truly lost something essential, for the rest of their lives. That adults believe that humans to be the only beings truly alive and intelligent in a universe without souls or language is no proof of their superiority. All of nature is alive and intelligent: it is inhabited by countless living and intelligent creatures, some far more intelligent even than humans. And the day human beings start denying this intelligence and this life is the day that blindness and death begin to take hold of them.

'Lord, I love Your Wisdom, I have faith in Your Love, I have trust in Your Power'. You say this prayer without really having thought in depth about its meaning. When you say to the Lord: 'I love Your Wisdom', your love meets the Wisdom of God and you draw it within yourself. When you say: 'I believe in Your Love', your faith binds with Divine Love and God loves you because you believe him. When you say: 'I have trust in Your Power', your trust binds with the Power of God, who protects you because of your trust.

In order to attract the Wisdom, the Love and the Power of God, we must work with these three virtues: love, faith and trust, these three virtues are linked to our brain, our lungs and our stomach, and can improve the condition of these organs. If you want to improve the condition of your stomach, you should increase your trust; for your lungs, you should increase your faith; and for your brain, increase your love, because it is through love that we understand wisdom. Our

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physical health is also determined by our spiritual lives. So, get into the habit of repeating this formula: 'Lord, I love your wisdom, I have faith in your love, I have trust in your power.' Your brain, your lungs and your stomach will then also function better.

It is said that some magicians and sorcerers are able to bring the dead back to life. These are in fact not truly resurrections: these sorcerers use certain methods they know to call up terrestrial or subterranean entities, which they introduce into the corpse in order to bring it to life. It is not the spirit of the deceased that returns, but other entities, which the sorcerers manage to make enter the body through all kinds of conjurations and which stay there for a time. All those who are said to have been brought back to life were in fact not dead, even if they were thought to be so, because their heart stopped. Death does not occur when the heart stops beating, but when the heart is no longer warm. To stop breathing does not mean that death automatically follows. So long as the heart is warm, a person can be brought back to life with vigorous massage and other methods of care, or even with the method of divine magic. But as soon as the heart is no longer warm and the silver cord tying the physical body to the etheric body and the astral body is cut, nothing can be done to bring back life.

Even though experience has repeatedly proven that their attitudes and views with regard to love and sexuality bring them only failure and disappointment, the majority of people persist in the belief that it is not their understanding that is at fault, but simply the fact they have not yet met their soul mate. Happiness, they believe, is merely a question of meeting someone. Unfortunately this is not how things work, because a soul mate is not a man or woman one meets, just like that, in the street and with whom you will fall in love at first sight. Meeting a soul mate is firstly a psychic process – in other words mental, emotional and spiritual – by which the higher part of your self attracts its counterpart. And you need to have been working for a long time before you can identify the higher part of your self. Those who make great efforts to prove themselves worthy of their divine half will attract it. A bond will establish itself with their divine half because it lives within them.

If you want to find your soul mate do not start looking for it outwardly. Instead, work with the light and your soul mate will come to you, because it will be attracted by the light it sees glowing in you. You do not know where your soul mate is? But it knows where you are. All you need to do is wait for it inwardly. It will come.

It is not by a show of knowledge that you can influence people and transform them. Knowledge is of course a powerful means by which to bring about understanding because it provides good arguments, but this is not enough: people are not necessarily going to bestir themselves because they are informed and understand. Faith, love and belief are the only powers which bring life, which stimulate and influence, because these are living forces. Only love and faith give true power. Those who only have knowledge will remain weak, fearful and unsteady in the face of life's difficulties. Whereas those who have belief and enthusiasm, even if they do not know much, continue to move forward. They overcome obstacles and encourage others to do the same.

God has spread His love all over the universe, but in order to receive it we must find the right attitude. We must be like the needle of a compass, always pointing towards the north star. This means we must turn around to face the Lord and stop turning our backs on Him as most people do. People are no longer able to cultivate a sacred attitude, they have no respect for what is divine in life and this is how they close the doors of true love and true life to themselves. They do

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not even believe it can be of any significance to adopt an appropriate attitude towards Nature, towards the Lord. They imagine that, whatever their attitude, they will be able to understand everything, obtain everything. How ignorant they are! And this despite the fact they have a knowledge of chemistry or at least they know that in order to obtain a certain reaction you need such-and-such an element in such-and-such quantity, heat them to such-and-such a temperature and so on. But when it comes to the right conditions to obtain results in their inner lives, they know nothing, they understand nothing.

Jesus said: *'You shall love your neighbour as yourself.'* Many believe this commandment is easy to understand, although they admit it is difficult to implement. But I ask you, how do people love themselves? They give in to all kinds of excesses; they mistreat their stomach, their lungs and their brains. If we asked all these organs what they think of human love they would tell you all about their suffering and their discontent.

Human beings all too often forget that their physical body represents an entire population, millions of cells each with a well-defined function. There are soldiers, doctors, ministers, architects, bishops, chemists, just as in society. And human beings, who are the king of these people, are not too bothered about them. This is why their cells complain continuously about this unjust, ignorant, lazy king, who leaves them without food, without light, without heat, without fresh air. So how can we love others if we cannot properly love ourselves?

A mother who is expecting a baby must become aware of the powers she has to influence this child well before it is born. It is not enough to love this child before it is born, the mother must learn how to use the powers of love. So, by thinking of her child the mother is able to project her love to the sublime regions to gather elements the child will need later on and to infuse the child with these elements, elements which will work on it to make it into an exceptional being. How could a mother think she can give her child everything it needs solely with her own resources, without fetching them from elsewhere, from higher up, on the spiritual plane? So, now and again, a few minutes several times a day she should stand before God, through thought and prayer and say to Him: *'Lord, I want this child you are giving me to be Your servant. But to achieve this I need other elements, which are only found near You. Please give them to me.'* You will say it is not easy to stand before God. Of course not, but it is merely a figure of speech. Simply by thinking of beauty, of light, of eternity, the mother will attract higher subtle elements and will project them on to her child.

We normally think of life and death as being equally powerful and some of us even tend to think death is more powerful than life. This is not so. Of course we always see death struggling to get the better of life and death seemingly always wins the upper hand. In reality, however, death is fairly powerless against life. Look around you and you will see life everywhere, absolutely everywhere. When death makes an appearance from time to time, here and there, all it does is change the scenery slightly, whereas life continues without interruption. If death were more powerful than life there would be nothing left alive in the universe. But life is everywhere and death is nowhere. The power of life are always greater than those of death.

If people thought to protect their life, to preserve it in the greatest purity, then they would be better able to realize their plans, because enlightened life is the source of all energy. Unfortunately they do not know this truth and they waste their lives. They think, because they are alive, that everything is allowed. They say to themselves: *'Well, since we have been given life, let's make the most of it.'* And they enjoy it so much they become exhausted and unwell.

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They should start to live according to a different philosophy. They should begin to realize that merely their way of thinking already digs into their vital energy reserves, affecting the quintessence of their being. By using and abusing their lives, by allowing themselves to break divine laws, and even human laws, they are destroying their reserves and they will soon find themselves impoverished. Perhaps not on a material, physical level, but inwardly. Life is and continues to be the most important thing and those who are not intelligent, not enlightened, destroy the source of their capabilities, their joys and their inspiration.

So long as they are young and well human beings never think about the principle of disintegration at work within them which, one day, will gain the upper hand. They tend to think the world belongs to them and the future will always be rosy. And then what a surprise when they see everything on the physical plane beginning to escape them. In this merciless struggle between the principle of life and the principle of death, some people seek to hold on to life by any means, and this may lead them to all kinds of senseless acts. They throw everything they should have used towards their spiritual work into the battle and they lose everything.

We have not come into the world to stay for ever young and in good health. We have come here as apprentices, to train. The wise are those who know the lie of the road they are following and endeavour to use everything. In the spiritual world our ascent is continuous, uninterrupted. Down here, however, whatever we do, our face will become wrinkled, our hair will go grey and our teeth will fall out. But we must understand that our outer appearance is not important if behind this grey hair and the wrinkles lies the radiance of spiritual life.

Never hold money in your head as an ideal you want to achieve, otherwise it will give you bad advice and you will lose your way. Obsessed by money you will stop seeing people's qualities and you will no longer be as thoughtful, generous or forgiving. Obviously it is no good to be totally indifferent to money either. Those who believe that in order to be a spiritual person you must live a life free of any material concern actually become a burden to society, they become parasites. As long as we remain on earth and things are organized as they are, we need money. Perhaps in the future we might be able to do away with money all together and replace it with love. Yes, love is the best currency of all. But humankind has not yet reached the stage of accepting this currency and since money will be with us for some time to come, we must learn to adopt the right attitude towards it so that we never become entrapped by it.

If one could look into the hearts of men and women, what would we find? Oh, it would make you laugh ... or cry. You would not believe what people desire most in life! Everything that can satisfy their selfishness, their vanity, their sensuality, their need to own, to possess, to dominate. And you, what do you desire most in life? Look at what you truly desire and you will be astounded by the pettiness of your ideal. So many people come to an initiatic school in the hope that all their problems will disappear as if by magic and that they will become rich and famous. Well, be aware that with such a mistaken belief you will only increase your problems. Only people whose main desire is to train themselves, to practice, to make an effort, to improve themselves, only they will never be disappointed with life. They will always find the best opportunities to continue their progress in all situations in life.

Many Christians abandon religion because they think scientific discoveries contradict or dispel the truths of faith. Well, this proves they have understand nothing, neither about science nor about religion because, quite to the contrary, the discoveries made by science actually emphasize the truths of faith, which are the truths of initiatic science. In reality there is no conflict

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between science and religion. They walk together and moreover art walks with them. The three are linked. Science is there to give human beings light, religion to give them warmth and art to give them activity. And because in human beings they are held together, they should neither be separated nor should preference be given to one at the detriment of the other. If God has given human beings an intellect, a heart and a will it is so that they may work together; so that the intellect may do its work in the field of science, the heart in the realm of religion and the will in the realm of creation, of art.

It is not sufficient to have a moment of inspiration, of light here and there to give meaning to your life; you must also learn to make that moment last so that it becomes a permanent and stable state of consciousness, which purifies, organizes and rebuilds everything within you. You might say, 'But what you're asking is impossible. We can't maintain sacred states in life indefinitely.' Yes, apparently, you are right, I know; I live in the same world as you and I know how it is. But I also know that the disciple of light never loses his faith in the power of the spirit, he never lets himself be turned from his path, whatever may happen: fatigue, discouragement, sorrows, and misfortunes. On the contrary, he hangs on to all the great and beautiful experiences that have given him, in a few privileged moments, the true meaning of life.

Most human beings believe that happiness lies in being loved. Of course, they agree to love a little, but they believe that the main thing is to be loved. This is easy to prove: why do they suffer when they learn that the person they love does not give back that love or does not give back as much as they wish? They wait for the outside world to give them love. If it does not come or if it is taken away, they feel deprived: they do not believe in their own power, in their own force of love, they need love to come from outside of themselves. In reality, to find peace and joy, you must not wait for love to come from other people anymore, but decide to rely on your love: because inside of you lies the source of love and this source is inexhaustible.

Hope, faith and love are three virtues that correspond respectively to form, contents and meaning. Hope is linked to the form, faith to the contents and love to the meaning. The form prepares and preserves the content, which brings force, and force has no reason for being without meaning.

When hope is strong, it works on the physical body and has a favourable influence on the stomach and the whole digestive system. If, on the contrary, it is weak or defective, the digestive system as well as the beauty of the body are affected.

Faith, the contents, is linked to force and influences the lungs. We must cultivate faith if we want to be full of energy, fulfilled in our life and inspired by celestial fragrances.

And if we want a vast and deep meaning to our life, love must flow in us like a source. Without love, life loses its whole meaning, in spite of the knowledge and riches we may acquire. Love is linked to the brain, and whoever wants true intelligence, therefore, must learn to love.

So many people think they will be forgiven for their mistakes because they claim to have such a great ideal, to desire only good and light, and so on. No, if they really wished to achieve something good and luminous, if they really made some efforts and sacrifices, they would obtain results. If they stagnate and do not progress, it is because they do not fervently wish for good. And this is true in all fields. People say they love health, but they are sick. They say they love truth, but they lie. They say they love freedom, but they are enslaved. They have to stop pretending to have good desires and intentions. Nothing can prevent someone from obtaining something he really loves or wishes, for his success depends on the power of his love.

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So many people say, 'Ah, this initiatic science is so fantastic! We feel that it would bring the solution to our problems, but we have no time to study it or do exercises: we are overloaded with the family, work, relationships, and so on.' And in this way they feel they are right. In reality, if they had any intuition, if they were very advanced souls, they would not have put themselves in a situation that limits them so much. If they have committed themselves too deeply, it is because, in previous incarnations, they have not gone through the necessary evolution that would have helped them benefit, at this time, from all this wonderful science. What is it that some people have been preparing since childhood, feeling they had to stay free to serve an ideal? It is because they had within them vague recollections, or they made a promise to the divine entities before they were reincarnated. Other people think they are right to let themselves be immersed in matter. They say, 'It's just too bad, that's the way it is, that's life!' No, life is what we make it. If some people are so taken up with their affairs, it is because they have not been able to free themselves inwardly.

Wherever you go you hear talk of 'organization', but it is always a question of material organization. Even if everything in this respect is not perfect in society, still, we must admit that we have achieved some good results. But what confusion in the inner lives of human beings! It would never cross their mind that something there needs to be organized. They believe it is enough to study a little of the human psyche, inventing all sorts of complicated terms and notions to describe its different states, troubles and illnesses, and finding a few remedies for them. No, this is not sufficient. To organize our inner world, intellectual activity is not enough; people have to try to develop the organs that permit them to communicate with the worlds of the soul and spirit. The soul and spirit do exist. As long as we neglect them, anything we say about psychic life is meaningless. Inner organization presupposes that man has a suitable activity to free and develop his spiritual organs, his subtle centers – the aura, solar plexus, Hara center, chakras – in order to communicate with the realities of the divine world.

Human beings are fantastic: they believe they can trust the first person who comes along to tell them what they should think about politics, religion, how to succeed in life, how to recover their health, etc. They do not question the ability of this person to give them advice. They resemble the man who lost his hair and went into a store to buy some hair lotion. 'Here's what you need, said the salesman, it's 'pilocarpine': rub in the morning and night, you will see how miraculous it is!' He buys the product and goes home pleased, without noticing that the fellow who sold it to him did not have a single hair on his head. If this product were so effective, how could he still be bald?

Unfortunately you can notice such behavior in all spheres of life. Therefore, before you let anyone convince you, think and look for signs that may reveal if the person you are speaking to is really capable of helping you.

What is a war? It is an imbalance on the scales of life. Yes, men and countries have put all their grudges, ambitions and greed on one tray of this scales, and nothing to counterbalance them on the other tray. Then there comes a time when the disproportion is such that violence prevails. It is impossible to prevent misunderstandings and hostilities between individuals and nations, but if at the same time there were enough people who could reestablish the balance through their thoughts, feelings and prayers, then evil would at least be neutralized, and the negative tray of the scales would not tilt to the point where war would break out. Once hostilities are triggered, what do people do? Ministers, ambassadors, heads of states meet and bring the problem before the U.N., etc. Of course, this is not pointless, but it is a bit late.

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Initiatic science teaches that before a war is declared on the physical plane, it has already been declared up above on the psychic plane; those that wage war on each other are the egregores – the collective entities of the countries. People do not believe enough in the power of thought and feelings. There is an accumulation of so many misunderstandings, so many grudges, so much hatred on the psychic plane that, one day, actions are bound to follow. Actions are always the consequence of thoughts and feelings.

Atheists think that they show objectivity, logic and reasoning: they think that they at least judge according to what they see, hear, touch, measure, etc., unlike believers who are so obsessed by their faith that they are incapable, according to them, of being lucid. Well, no, however intelligent a man may be, if he does not accept the existence of God, the reality of the soul, the immortality of the spirit, he will always lack an essential element to complete his observations and judgments. The absence of this element limits him, for he pays too much attention to form, to the surface of life.

An atheist is like someone who, looking at a human being, considers only his anatomy. As long as it is only a question of identifying the limbs and organs, and describing their aspects, that is all right, anatomy can suffice. But to pay too much attention to anatomy means to take an interest in a body without taking into account the life that animates it. Only the belief in the life of the soul and spirit and in the divine world, where they have their origins, can give a man the true dimension of beings and things and the consciousness of the currents that circulate within them.

Imagine a man inside a sphere, another, outside. The one inside, of course, sees it as concave and the one outside, as convex. Both men discuss and squabble; it is impossible to have them agree.

Now let us interpret. The one who is inside the sphere is the heart: he observes life from inside – subjectively – that is with emotion, feeling, and sensation. The one who is outside is the intellect that observes things from outside – objectively, rationally. This is why discussions and confrontations have gone on for centuries between the heart and the intellect, between religion and science. Which is right? Both of them, but only 50% each. That is why a third observer comes along and says: 'The sphere is both concave and convex,' then of course the other two get angry and consider him insane. In reality, the latter is a wise man who contemplates truth in its entirety. This sage is our intuition, which has the capacity of bringing together thought and feeling to see things simultaneously from outside and from inside ... Yes, to know the true reality of things one must be both subjective and objective, standing both inside and outside.

People believe they have objective opinions and points of view. But in reality most of the time these points of view stem from their needs, from even their lowest needs. Take political ideologies for example. To please the people in Rome one had to promise bread and games. Still, today, in another form, one must promise bread and games to the people. Take also the theories on sexuality: as most men and women do not know how to consider their sexual energy, still less how to control it, specialists present theories that actually have no absolute value; they apply only to weak and ignorant people who do not know – or do not want to know – that, if mastered, sexual energy can contribute to their spiritual fulfillment instead of being wasted in the pursuit of pleasure. And so on for all the rest. That is why it is so difficult to educate human beings. They can truly understand and accept these initiatic truths only if they have managed to dominate their inferior needs; otherwise these needs continue to confirm them in their erroneous opinions.

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You feel you need protection? Think about the light. Try to have it penetrate you with the help of meditation and prayer. In the initiatic sense, light is something other than the physical phenomenon we know. In spiritual science light refers to all the beneficial entities; once these entities dwell within you, they put obstacles in the way of bad forces. This does not mean that light will stop you from being tormented at times. Unfortunately, as long as we live on earth, we are sheltered from attacks or struggles. Even an initiate is obliged to seek protection. Yes, even the purest, greatest, most powerful initiate must constantly think of this protection by putting barriers of light, circles of flame between himself and the evil spirits that come to assail him. So how can weak and ignorant people think that they do not need any protection?

Evolution is necessary in all spheres of life, even in religion. In fact, in this domain more than any other, human beings have a tendency to think precepts and rituals given centuries ago are valid for eternity. Well no, it is a mistake to think this way. Everything evolves, everything progresses. See how rapidly modern science evolves! Yes, science evolves, but not religion. Why do scientists make so many discoveries? Because they do not believe, they doubt, and we can even say that it is their doubts that make them progress. Whereas religious people believe, but their faith is not alive and maintains them in stagnation. Besides, in that case, it cannot be called faith anymore; it is superstition.

We have to adopt the sun as our model and strive to resemble it more and more in order to become luminous, warm-hearted and vibrant with life as it is. Of course, it is not possible to attain the fullness of perfection manifested by the sun, but the work we put into this is in the direct line of initiation. Instead of being bogged down in old, useless, outdated notions, it is far better to go and contemplate the sun and strive to reach the ideal of becoming like it. As I have already told you, there is a law of mimicry, according to which all creatures end by resembling their own environment. If a person often spends time, a lot of time, contemplating the sun, if he loves and understands the sun and soaks up its light with all his being, gradually he will become like it. And if he knows how to collect and condense the sun's rays and store them up in his solar plexus, he will even be able to draw on them when he needs to and, in this way, becomes tireless. It is a real science that needs to be studied, a real training to be followed, and those who take it seriously will find themselves blessed with many rewards every day.

If events turned out the way we wanted them to, it would often be a disaster! We are not clairvoyant enough to see the long-term consequences of our desires. If what we think is good for us we realized, it would lead us to a life of pleasures, laziness and stagnation and we would quickly decline. Fortunately, cosmic intelligence does not grant human beings the kind of happiness they expect; they would then lose everything, even the taste of life. For true happiness lies within the efforts we make. So do not look for pleasures and sweets anymore, otherwise you will fall sick. It is once you start to like bitterness – quinine – that you are saved. Often it is what you like that makes you sick. So do not cry if sometimes you are deprived of it. It is Heaven that deprives you so that you may live a little longer.

When Jesus said to his disciples; 'If you had faith as small as a mustard seed, you could say to this mountain, "Move from here to there," and it would move.' Of course, the mountain is symbolic. It represents problems, great difficulties in life, which human beings can move – that is to say, resolve, overcome – solely with the help of faith. Stone by stone, after a year, two years, then years, they manage to move mountains. Of course, they feel it takes a long time and should prefer it to go faster. In that case, they should work like ants that manage to move whole

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mountains of grains in no time at all – proportionally, they are mountains for them! How do they manage? An ant does not work alone, there are vast numbers of them working together. The conclusion to be drawn is that we will never move mountains alone, selfishly. If history has known great achievements, it is because men gathered to work together. To move mountains means to overcome obstacles that are opposed to the coming of the Kingdom of God.

Instead of making an effort to improve themselves, people prefer to submit to their lower nature. They accept to be at the service of their weaknesses, desires and caprices. They do not even try to identify the origin of their thoughts, feelings and desires; they just feel some impulsion stirring within them and they give in at once. But as soon as they have given it the opportunity to express and satisfy itself, they are amazed to feel weakened, unhappy and bound hand and foot.

In reality, if we want to become powerful, happy and above all, free, we must learn to submit to divine laws. Yes, contrary to what most people think, it is when we obey laws, not when we oppose them, that we become powerful, happy and truly free.

Only one who understands, first and foremost, that he is a child of the celestial Father and the divine Mother can become an initiate. He does not behave like these so-called philosophers or scientists who find the idea of God outmoded and believe they are being intelligent and showing a free mind by leaving God, in order to live an independent life away from Him. They think, 'To be a child of God, what nonsense! We are adults.' Well, no, they are not adults but refractory babies. The true adult, in the initiate sense, never leaves his celestial parents to seek independence; he always wants to be nourished, educated and protected by them. I tell you this: It is only babies, ignorant and stupid people who demands independence and freedom far from the Lord. And then they wonder why they are sick, both physically and psychically. This is not hard to understand; when someone separates from God, he is no longer protected or sustained. All those who have left their divine parents are haunted by troubles and distress. So, be like children and cling to your celestial Father and Mother, and trust them wholeheartedly.

Some people make no effort to mend their ways even if they admit they have many things to improve within themselves. Why? Because they think it is too hard to change their life style or their inner attitude; one day they manage, the next, they fail. They always have to start over again and they think it is not worth it. Well, this is not good reasoning, for the important thing is not to succeed the first time but to choose the right orientation and be sincere about your choice. Know that your falls themselves are not very serious; each time you fall, the experience allows you to acquire something more. So, do not become discouraged; if, each time, you reflect on your failures in order to learn a lesson, one day you will have a real arsenal of notions and methods that will permit you to triumph over all situations.

The sacred books often mention a part played by some precious garment: frock, tunic or veil. This garment is symbolic. It represents the aura, that is, the spiritual emanation from the inner being. The Old Testament relates that Joseph's brothers were jealous of him because Jakob, their father, had offered him a beautiful tunic. Actually, when Moses mentions Joseph's tunic, he specifies that it was made of many colors. This detail induces us to establish a link between this garment and the aura, the pure and sparkling colors corresponding to the different qualities and virtues. This garment of light and colors is given to us by the divine world as a reward for our work. All the threads and colors are at our disposal, but it is we who must fetch and weave them. With the violet (spiritual love), indigo (force), blue (faith), green (hope), yellow (wisdom), orange

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(godliness) and red (life), you will patiently weave this beautiful garment that will protect you on your path through this dark forest of life.

Hearing about dishonest or criminal actions done by others, so many people exclaim, 'I would never do that!' And they are very proud to tell themselves that they would certainly know how to resist temptations of power, money and glory. However, someone who claims to be able to resist temptations must have faith in a higher world – and not only have faith but, above all, love the whole world of light, purity and beauty; otherwise, he will succumb, just like anyone else. And why? Because he does not have any associates, any friends. Yes, someone who wants to triumph over the seductions constantly offered by life must put in his head, heart and soul everything that is greatest and noblest. Then the dark forces will be obliged to submit and obey him, because of the presence of inhabitants of the divine world within him. This is what you must understand; otherwise, how can you imagine facing these old instinctive powers: the need to possess, to impose oneself, to take one's revenge? ... No one can resist alone. You need help.

People who look for a master in order to become his disciple are often somewhat misguided in their quest because what they have failed to realize is that they themselves determine their spiritual growth, their evolution, to a far greater extent than their master. What will make them evolve is the quality of their ideal, thoughts and feelings. The master is only a means. Those who think their spiritual growth would have been more rapid if they had had a better, greater master are mistaken. Indeed, they might have had to overcome greater trials. And do not imagine that you can become a saint simply by associating with saintly beings. You may find quite the reverse to be true.

Of course meeting a wise and loving master is a wonderful thing, but never forget that you are the determining factor. Begin therefore by improving you emotions and thoughts, by nurturing the highest ideal, in the knowledge that sooner or later you will succeed in attracting those celestial and terrestrial creatures who correspond to your ideal.

Vigilance is vital to our evolution, our personal growth. But there are even some spiritualists who have not yet understood this. Why be vigilant? It is far more pleasant to just let yourself drift, to succumb. Yes, I can believe that. Of course slovenliness and laziness are more congenial than lucidity and effort. But then do not be surprised to find that, despite having the entire universe spread out before them, despite the stars and the sun, despite all the books and great masters who are there to teach them, even intelligent people do not succeed in extricating themselves from their mediocrity.

If you really want to progress, be vigilant. Tell yourself: 'I must watch myself. Whether it be for my physical body, my intellect or my heart, I shall choose the healthiest, purest and most luminous elements with which to feed myself. Then I will always be active, even in my sleep.' Indeed, because there is sleep and there is sleep. People who have learnt true vigilance stay alert, even in their sleep. Although they are asleep, they still hear, understand and act.

Depending on the organs to which they belong (heart, stomach, lungs, brain, etc.) the cells of our body differ in nature and perform different activities. They could therefore feel alien towards each other or even be hostile to one another. But the cells of a healthy body are aware they belong to one body, which embraces them, one single being, who unites them all.

The same relationship exists between the Creator and every human being. Each and everyone of us is a cell of His body, i.e. nature. The Creator is the only being that really exists and human beings are the cells of the large cosmic body. But because the consciousness of these cells is

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not united, they oppose each other, they clash with each other. Human beings believe their fighting and confrontation is justified; often they are even proud of their clashes and conflicts because they claim to be fighting great causes. Well no, there is nothing to be proud of, because such confrontation is merely the result of their ignorance. The day they feel they belong to the great body of God, however, they will justifiably be able to feel proud.

In order to evolve we must, during the course of our successive incarnations, experience all the situations and conditions a human being is destined to know. This truth should help you widen your understanding of life, of your existence, because it means that you can not only change sex from one existence to another but also incarnate in different countries, in different social classes, and belong to different religions. And as such, what could possibly be the point of nationalistic views, the class war, the battle between the sexes or religious conflict? In reality they are based on nothing concrete. Our spirit travels through time and space and this differentiation is merely an artificial creation of the ignorant human brain, an artifact. One day nothing will remain of these narrow-minded views because they are totally ill-formed. Only those who work for unity, for the kingdom of God on earth, have the right approach.

We think we know water because we use it every day; we drink it, we wash with it and we cook with it. Water is the materialization of the cosmic fluid that fills space, and we can use thought to enter into contact with this fluid and cleanse ourselves upon this contact. But first we must come to realize that by coming into contact with physical water, we touch an element of a spiritual nature. Try, therefore, to wash using measured, harmonious movements so that your mind may free itself, your thought disengage and so set about its work. Concentrate on the water, think how cool it is, how clear, how pure and you will soon become aware that it touches within you unknown regions where it initiates a process of transformation. Not only will you feel lighter and purer, but your heart and your intellect will be nourished by new, more subtle and enlivening elements. Physical water contains same elements and powers as spiritual water, you just need to learn to awaken them in order to receive them.

Whatever befalls you, be it disappointment or annoyance, try to hold onto your love and enthusiasm. Anger, recrimination, disappointment change nothing to the events that are upsetting you and your negative attitude only means you are depriving yourself even further, of something precious. So it amounts to double injury.

Nothing can justify your giving in to negative states of mind. You will say: 'But I feel like this because people have betrayed me, it isn't me who ...' Well yes, it is you; your reasoning is not right. No-one is forcing you to feel like this. Even people have sought to do you harm, nothing forces you to suffer their nastiness passively and add to the problem by renouncing your love becoming hard-hearted. Bad reasoning, you see. And if you do not redress the situation, if you abandon hope, love and faith, you are dead. Even before you actually die, you are already dead.

Do not look to complicated formulas and rituals to find magic powers. The secret of magic lies in a person's attitude. If you find the right attitude, you have the magic word that will allow you to communicate not only with other human beings, but also with animals, plants, stones and objects. And you all have to find this attitude for yourself, by yourself. The only rule I can give you is that in order to find this attitude, you must cultivate a respect of all that exists. You must stop believing that being careless and disrespectful is proof of independence and authority. No, this failing, which is so widespread in the world today, harbours the seed of all unhappiness. If

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human beings sought to adopt the right attitude towards one another, their problems would begin to resolve themselves.

People say: 'I only believe in what I see.' This merely proves that these people are not thinking clearly, because, what are they engaged in day and night? In their own thoughts and feelings and the thoughts and feelings of others. And can they see these thoughts and feelings? No. So why is it that they are such a reality to these people? A man and a woman love each other; they can not see their love, they cannot touch it, but because of it they are ready to move Heaven and earth. And what about soul and the conscience? Who has seen them? When a person's fate is decided in a court of law with words evoking the soul and the conscience, it is done in the name of something no-one has ever seen and whose existence we call in question. Is this being realistic?

Human beings believe in invisible, impalpable things throughout their lives, but they refuse to admit it. They think, they feel, they love, they suffer, they cry, always for reasons that cannot be seen, but in the meantime they insist they believe only in what they see. What a contradiction!

Having read a few esoteric books, some people believe themselves capable of taking on the role of a spiritual master. And others, who are naive, follow them with their eyes closed, instead of studying them a while to see how they conduct themselves. They do not ask themselves where they come from, how they lived their life previously, who was their master or who send them. No, there is no point in asking such questions. All it takes is for someone to come along and put on some act and tell them that they will be initiates within three days – having first parted with a considerable sum of money of course – and they believe them. They are in a hurry, you see, the initiation must not take longer than three days, which is why the first charlatan or crook who comes along to take advantage of their gullibility is welcomed with open arms, because they will give them initiation. Well, if they closed their eyes they were obviously set on being cheated, and therefore should not complain.

A materialist believes in the reality of the visible world and a spiritual person believes in the reality of the invisible world. It is this belief that gives them powers on one or the other world. A materialist has very little power in the plane of thoughts and feelings, because they identify too much with the physical plane. The danger for them is therefore that they are incapable of resolving problems in their inner world. The danger for a spiritual person on the other hand lies in the fact that from the moment they become capable of changing the flow of their thoughts and feelings, of transforming their sorrow into joy, discouragement into hope, they tend to imagine they are also easily capable of changing the outside world. Well no, our psychic faculties bring us into contact with the spiritual world and enable us to live in light, love and joy, and although this world is a reality, it is not a concrete, material reality. The objective world and the subjective world both exist and rather than confuse the two, a spiritual person must know where the correspondence between these two worlds lie and must then adjust them so as to carry out their work effectively.

In order to manifest their faith, people who believe in God make it their duty to go to church, the synagogue or temple, but they do not think to tend their own temple, in other words themselves, their entire being. Of course thanks to their fervor of all the faithful who have come to pray there over the centuries, these religious buildings have something godly, something sacred about them, but none can compare to a human being who has been able to strengthen their will, purify

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their heart, enlighten their intellect, enlarge their soul and sanctify their spirit. This is why St. Paul said: '... we are the temple of the living God.' When you work at becoming a temple, when you pray in your temple, God listens to you and answer your prayers. And if at the same time you are aware of being in this other temple, i.e. the universe, you are becoming a complete being, you live in fulfillment.

'*To know, to want, to dare, to be silent.*' The science of the initiates can be summarized in these four words. But why '*be silent*'? Because from the moment you know what to do and you have the will to do it and you dare undertake the work, there is nothing more to add. The whole of your being will show the results of your work. When you dwell in peace and joy, is it necessary to tell others? No, they see it, they sense it. And if you are living through an inner storm, you may well say you are swimming in serenity and harmony, no-one will believe you, or they may even laugh in your face. Because here too, everything – the disorder, the noise – shows through. Human beings talk and talk, and they think that by amassing words and sentences they will manage to convince others, whereas reality should suffice. Unfortunately their sentences say one thing and reality often says another. This is why it is important to meditate on this very significant precept: '*to be silent*'.

Both within and without, human beings are constantly the stakes in battles between the principle of life and the principle of death. These two opposing powers are always confronting each other and it is always the weakness of one that makes the strength of the other. When a kingdom is powerful and prospers, all its enemies keep their distance. But as soon as it begins to weaken through the negligence of its governors or citizens, the enemies take the opportunity to attack and destroy it. Well the same happens within us, as hostile forces are always threatening to weaken us by taking away our peace, our inspiration and our courage. And we must be aware of them if we are to be able to stand up to them. Since we have come to earth to carry out work, we must not let negative forces become victorious. We must help the powers of life as much as we can, through knowledge, faith, hope and love, so that they may come out the winners.

You must continue to believe and love, in spite of everything. Even if people treat you badly, do not lose your faith and love, because then you will truly lose the meaning of life. Meditate on this subject by weighing up the arguments for and against on your spiritual scales and you will find that if you stop loving people you let the source that flows within you dry up and you are punishing yourself, not them. Why stop the flow of what should be eternal and inexhaustible within you under the pretext that a minor mishap befell you one particular day? So many saints, prophets and initiates have been persecuted and ill-treated, but they still continued to love and believe. So what disciple could think themselves be worthy of receiving initiation if they go around telling everyone that they can no longer love anyone, no longer have faith in anyone because they have been misled or cheated at times.

For most people thinking of the future means wondering what their life will be like in ten, twenty or maybe fifty years time. Well, that is all pretty poor. These concerns are far too short-sighted and of no great interest. The true future for humankind and the only one worth concerning ourselves with, is that one day we will shine like the sun, that the universe will be fragrant with our presence, that the air will be filled with the fragrance of our soul and that everywhere we go, symphonies and melodies will be heard because all our cells are singing. Every day, for a few minutes at least, imagine this very distant future and all at once you will feel hope, courage and life return. It is this faith in a magical future that will make a new being of you.

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We hear the word 'new' used everywhere nowadays: a new philosophy, a new science, a new century, a new era, new man ... But how can we imagine that humankind will one day be new if we do not work for this sublime future?

Most people are capable only of complaints and recriminations: They want for this, they are owed that, nobody loves them, no-one thinks of them, everyone is ill-intentioned. Why do they not realize that they are affecting everyone around them with all their unreasonable demands and self-centeredness. They need to be helped, loved, supported, rescued ... that is fine, but they should be aware that this very selfish pursuit of what they believe to be happiness will lead them nowhere.

People who have such a need for the attention and affection of others, who imagine the whole world revolves around them, set themselves up for a life of disappointment and suffering. To be happy you must put yourself in the service of others.

So many disciples do not know what they should be doing when they have a master. Because of the books they have read or the stories they have been told, they set about looking for a master. And once they think they have found one, they start asking themselves irrelevant questions: 'Is my master the reincarnation of Jesus, of St. John, of Buddha? Is he Melchizedek?' Well, this is all waste of time and it would be far better if a disciple thought about what be most useful for their master and for themselves. And the most useful thing they can do is to learn to work with love and light. And a disciple should not ask themselves whether their master is greater or less great than any other either. This is not what will make them evolve. What will help their evolution is their work and their faithfulness to their master.

By creating humankind in His image, the Creator has inscribed in the soul of His creatures an impression of Himself. And this impression is the cause of the feeling of want and dissatisfaction they will continue to have, until the day they succeed in uniting with Him. So long as they have not achieved this fusion, creatures will continue looking, they will have experiences – some happy, some not – they will believe every time that they will finally be able to achieve what they want, but they will always be disappointed. But this disappointment is in fact not so bad, because it is this that pushes human souls ever forward, looking, searching all the time, in order to come closer to the Beloved, the Cosmic Spirit and unite with it.

Why is it that some people's perception, lucidity and clarity of mind increase with age and even with old-age, and in others they decrease? Because the first have from very early on acquired the habit of connecting , bonding with Cosmic Intelligence, they believe in it, they open themselves up to it, they love it, and little by little, it reveals itself to them because it is attracted by this love. Whereas the others, who do not acknowledge any Intelligence in the universe, close off the path of true understanding. They are focused on their sole intelligence, and because this intelligence is limited, it dries up after a while. People who refuse to acknowledge Cosmic Intelligence, who repudiate it, limit their mental faculties. So everyone has a choice: the path taken by all the materialist scientists and philosophers, or the path of the initiates, of the great masters who receive revelations every day because they continually draw from the infinite ocean of Cosmic Intelligence.

So many artists fail to consider their responsibilities! It never occurs to them that heaven, in granting them a gift, has placed a great treasure in their possession, thanks to which they are

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able to work wonders. Even those who know they have exceptional talent do not fully believe in the powers of this gift.

It must be an artist's ideal to lead people in the direction of the Divinity. His name will then be inscribed in the Book of Life, where it will be noted that he has saved a number of souls from tribulation and death. He need not worry about his own soul, for if he saves the souls of others, someone will come to save his! To those who spread the light, others will come bringing light.

When you embark on the spiritual life, it is essential to reinforce yourself, and to do so you must begin modestly by practicing on the smallest things. It is not so much what you achieve that counts, but that you grow stronger in the process. This is why you must not take on vast projects straightaway, because you will lay yourself open to failure. To fail in itself is not serious, but with each failure you risk losing a little more faith and trust, and when your faith and trust diminish so do the forces associated with them. If I tell you to begin with small matters, it is because I know that success gained in small matters enhances our faith in the great ones.

Contrary to appearances, the psychic development of a human being does not coincide with his physical growth. It is a mistake to believe that when a child comes to earth, his soul, his moral and intellectual faculties, follow the growth of his body, and that later on, as his body ages, weakens and loses its vitality, his soul does the same. No, the soul of a child who has just incarnated is already in possession of all its faculties, but it is not yet able to manifest in all its power. This is why the soul works on the child's physical body while largely outside of it, until it can inhabit the body fully. In the process it encounters many difficulties, of course, but this is what it is trying to do throughout a person's life. If, as the years go by, man seems to be blessed with new faculties and talents, even into old age, it is because the soul continues to take possession of his body and to express itself through it.

More or less consciously, most people divide life into two stages. In the first they strive to satisfy all their needs for pleasure and success, no matter whether they destroy their health in the process! There will be time enough to settle down when they are tired and worn out, and this will be the second stage. Some will even begin thinking about the Gospels, about Christ; they will go to church to light a candle and pray: 'God, forgive me my sins.' And believing they have thus bought the Lord with a candle, they will quietly make their way towards death.

But those who behave in this way will have to come back to earth so many times in order to learn! And to learn what? That beginning in childhood they must strive to live in a reasonable way, preserving all the forces and qualities they carry within themselves, and using them throughout their life in the service of heaven.

According to certain Hindu yogis, the world is an illusion, 'maya'. No, the world is a reality; it is not the reality, but it is a reality, and matter is also a reality. What is truly an illusion, and the worst of all illusions, is the belief held by most people that they are separate from universal life, from this unique Being whose existence fills all space. If they are unable to either feel or understand this, it is because their lower self prevents them from doing so. The principle aim of our work, then, is to detach ourselves from the limitations of our lower self so as to draw closer to our higher Self, which lives in immensity, eternity and plenitude. Once communication has been re-established, we will make the journey, we will rediscover our higher Self, our cosmic Self which vibrates in harmony with all beings. Only then will we know what reality is.

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Because it has great powers of absorption and transmission, water has been used since time immemorial in rites of magic. Many of the stories in 'A Thousand and One Nights', for example, tell of sorcerers who were able to change a person into an animal – a bird, a dog or a horse, for example – by reciting certain formulas over a container of water, which they then sprinkled over the person. Whether or not there is any truth to such stories is not the question. The fact remains that water's powers of absorption and transmission are real, and we must learn to use them for the good. As you know, priests use water to bless the faithful. Because by nature it retains the currents and influences introduced into it, water can serve as the medium for words of blessing. You too can use the powers of water to carry out a work of white magic.

Human beings are by nature more partial to belief than to knowledge. Why? Because belief is spontaneous and instinctive, the product of thoughts, feelings and personal desires, whereas knowledge requires study, reflection and experience. Belief, therefore, always precedes knowledge. As soon as you know something, you leave the realm of belief, but your belief is then transferred to another object a little further off... until knowledge comes once again to take its place. Knowledge is like the horizon: the more you move towards it, the more it retreats into the distance, and as a result you never stop advancing. In order to progress, then, you must replace your beliefs with certainties based on true knowledge.

The age of Pisces is coming to an end, and we are entering the age of Aquarius which, according to astrologers, will bring about great changes. However, you must not take this to mean that humanity as a whole will suddenly be transformed. It is the possibilities of all human beings that will change, because there are new currents flowing from Aquarius. But only those who make efforts to harmonize with these currents will be transformed. Heaven sends us waves of energy but it does not impose wisdom on us. We are entering the age of Aquarius, but those who do nothing to benefit from its influences will receive nothing. Astrologers and other disciples of esotericism everywhere are repeating: '*The age of Aquarius, the age of Aquarius*'. That is all very well, but if you really want to enter the age of Aquarius you must prepare yourself to accept the new ideas this constellation brings: the ideas of brotherhood and universality.

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Encyclopedia Initiatic Science

Book 54: The Undesirables

Some of you are unhappy because you feel you are still enslaved to your baser instincts. But do not worry, this is normal; there are so many things to put right in each one of us. What is important is that we work towards becoming free. Each day we must pray, exercise our willpower and send messages to our friends in the invisible world. At the moment you are still a prisoner, but if you maintain contact with these very powerful beings the time will come when you will be able to say to all those enemies within: 'Go on, away with you. I am a servant of God. You have no place here. Within me is the Kingdom of God and you will stay not a moment longer.' And then of course the enemies will bare their teeth, draw their claws, and say: 'What? You small, miserable creature, you have always belonged to us, we are your master.' And you will say: 'Yes, that was so in the first few pages of my history, but other pages have since been written without your knowledge. Now God is my shepherd, I have a Master, Heaven is with me, everything has changed. So, out with you!' These enemies will open their mouths and spit fire, but you will be protected by the power of Heaven which will oust them. (SEPTEMBER 28, 2000)

Day and night we allow our thoughts to be filled with all kinds of futilities. This is why, when the time comes to meditate, to unite with the light, we encounter major difficulties. So many people complain how hard it is to meditate, to concentrate one's mind on a spiritual subject, because they are constantly invaded by all kinds of disparate thoughts and feelings which distract them. There are even dramatic cases where, in the encounter with one's self which meditation entails, some people are so deeply moved and caught off their guard by the nature of the impressions and currents passing through them, that they imagine that these were sent by others who wished them harm. No, you should never attribute the turmoil you experience to an external cause. People create, multiply and amplify chaotic thoughts and feelings within themselves through the life they lead. They may not realize it during their day-to-day lives. But as soon as they finally want to stop for a moment and unite with the light, in silence, they feel invaded by undesirable presences, which they themselves have attracted. Begin therefore by looking for the cause of your problems within yourself and work at controlling your thoughts. And then one day you will succeed. (JULY 21, 2000)

You must never tolerate that state of uncertainty in which opposing tendencies vie for their place within you; otherwise you will end up like an empty apartment in which all sorts of intruders attempt to set up residence and live at the owner's expense.

When people must be away from their house for a time, they sometimes invite friends to come and look after it. On the physical level, we know very well what must be done, but when it concerns the inner world, we do not realise that we must also take precautions. So, when you are not feeling very sure of yourself, make efforts to install tenants in all your apartments at least for a time. Call on your luminous friends in the invisible world and say to them: 'I am afraid that undesirable beings will come and take over my place, so I implore you to live in my house for a while.' Later, you will not want these intelligent, good and vigilant friends to leave, and you will keep them there forever. (JANUARY 10, 2004)

We need to learn to adapt certain ideas so they can be useful in different areas of life. For example, it is said that fasting eliminates evil spirits.

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But fasting need not apply only to the physical plane. If undesirable spirits have taken up residence in the physical body and are causing physical problems, a physical fast will banish them. But these spirits can also lodge in our astral and mental bodies,' manifesting in the form of cravings and deranged thinking, endlessly prompting us to satisfy their appetite for all they enjoy. So, to get rid of these undesirable spirits, we must stop feeding them. In other words, we must replace inferior thoughts and feelings with those that are pure and full of light. If we deprive these spirits of their nourishment-of a vice or certain weaknesses-they are forced to fast, and when they sense the threat of starvation, they leave us. This is an example of how certain ideas must be understood. (JANUARY 21, 1998)

If you cannot resist those inner impulses that torture you, it is because you have not developed enough love for the higher world of beauty, order and light. Your own will power is not enough. In order to resist these whims, we need the help of heaven to protect us. This protection and help will only come if you really love perfection. If you do not love perfection strongly enough, you will certainly fall again into the snares of the astral world.

So, if I see someone who boasts that he has conquered his temptations, but who does not love the sublime world, I can predict his future: 'He will succumb, because he has no friend or associate to help him.' First of all, you must love the heavenly beings and invite them to come and be with you and in you. Then, because of these high and powerful allies, all your undesirable habits will begin to submit to their authority. (MARCH 13, 1998)

If human beings were prepared to study how the universe was created, the regions of which it is made up, the creatures that inhabit these regions and the laws that govern them, they would understand they are living inside the body of nature, a living, breathing body and they must act in harmony with this great Whole. Be careful, therefore, because all those who accept philosophy of anarchy without seeing dangers that bestrew the road they are embarking upon, will meet with destruction sooner or later. Indeed, people who, by their anarchic behaviour, are hell-bent on causing trouble are flushed out, eliminated by nature; nature purges them away. Anarchists are never allowed to stay for long, and if they are not eliminated by fellow human beings, nature herself takes charge because she tolerates no disharmony. She looks upon it as a tumour, a cancer that has invaded her body and she sets about curing the disease by expelling all these undesirables. (MARCH 23, 2002)

The psychic world of human beings is populated with creatures from the invisible world. Our feelings of well being and joy as well as those of suffering and sorrow are brought to us by entities attracted to us by our thoughts, feelings, desires and actions. If you were clairvoyant, when you suffer from worry or anguish you would see yourself surrounded by grimacing beings who are ready to scratch, sting, bite and torment you in all kinds of ways. Referred to as the 'undesirables' in esoteric tradition, these creatures approach human beings saying, 'Aha! See this woman, and that fine fellow over there – now they are interesting! Let's make their lives miserable for a while – what fun it'll be to see them shouting and waving their arms about!'

Yes, this is what happens when you are unhappy, tormented. And when you feel great happiness, if you were clairvoyant you would see a multitude of winged creatures rushing towards you, laden with gifts of light, who sing and dance, and leave in their wake streams of sparkling colours and exquisite fragrances. (APRIL 12, 2000)

It is said in the Gospels: '*For you are the temple of the living God.*' Yes, a human being who has reinforced his will, purified his heart, enlightened his mind, expanded his soul and sanctified his spirit has become a true temple. His physical body is itself a temple, and he can invite God to

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come and dwell in it. Unfortunately, most human beings do not take care of their temple; they continually damage it by using it to satisfy their instincts and to seek out pleasure. The body is no longer a temple but a stable, or a barn, similar to the Temple of Jerusalem where the merchants brought all kinds of animals and fowl to be sold. Everyone considered this to be normal except Jesus, who made a whip of cords and drove out all who were buying and selling, saying: *'Take these things away; you shall not make my Father's house a house of trade.'*

So, do not imitate the sellers in the temple; do not turn your body into a den of animals, or it will not be God who comes to dwell there, but inferior entities, the undesirables who like to feed on impure matter. And with such tenants, how do you think you are going to feel? (MAY 30, 2004)

The Festival of St John takes place on 24 June under the guardianship of the Archangel Uriel, who presides over summer. The Church generally mentions only three Archangels: Gabriel, Raphaël and Mikhaël who preside over the three cardinal festivals of the winter solstice (Gabriel), the spring equinox (Raphaël) and the autumn equinox (Mikhaël). Why is Uriel not mentioned? Uriel is an Archangel of light, and his name signifies: 'God is my light'. At the Festival of St John, which takes place when the sun enters the constellation of Cancer, we light fires in the countryside; for it is the celebration of fire, of the warmth that ripens the fruits and all things. During summer everything is on fire. This is also the fire of love, of physical and sensual love; it is the formidable energy which effervesces in creatures. The Festival of St John reminds disciples that they must learn to work with the fire of divine love in order to escape the fire of undesirable passions.. (JUNE 24, 2004)

Your present life is to a great extent the consequence of the bonds you formed in prior incarnations. In the material and psychic realms, your problems and anxieties as well as your advantages and successes stem from the visible and invisible ties you have created. This is why you must reflect on the nature of the bonds you are forming in this life. Everyday, without ceasing, consciously or unconsciously, you form relationships - with human beings, with invisible entities, with nature, and with the entire universe - and the importance of these links is fundamental. This is why it is essential to review the bonds you have already made: acknowledge those that are worth keeping and even reinforcing, as well as those which are undesirable and should be severed. And study the new bonds you wish to create with other beings. (JULY 11, 2003)

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BOOK 54: THE UNDESIRABLES

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Publisher Love₍₊₎ Wisdom₍₌₎ Truth

BOOK 54: THE UNDESIRABLES

Encyclopedia Initiatic Science

Book 55: What is truth and How we deal with it

Everything you touch in your home – including the chairs, furniture and walls – is impregnated with your emanations. This is the magical aspect of your presence: you deposit etheric particles on everything around you, particles that can be either good or bad conductors of celestial influences. Objects act like magnets, and if you constantly project negative thoughts and words they attract all that is negative in the universe. And of course the contrary is also true: if you speak words imbued with wisdom and love you dynamise these objects by covering them with beneficial fluids, so they become conductors of light, joy and health. Therefore, make a habit of doing this exercise: in all the rooms of your house, learn to touch things with love, bless them and ask the divine Spirit to visit them. Say: 'Spirit of light, purity and truth, I dedicate these objects to you, that they may become a receptacle, a vehicle for you.' And the divine Spirit will come and inhabit your house. (JANUARY 2, 2000)

Meditation can be compared to the mastication of food. When we put food into our mouths and chew it, our salivary glands go to work and we absorb the subtlest energies of this food through our tongues. Meditation is also a kind of mastication, a chewing of thoughts, by means of which we can absorb and be nourished by the quintessence of the spiritual world. Obviously, when we speak of meditation we are referring to matters of a spiritual nature.

Meditate therefore on light as a protective force, as a means of understanding, as an access to the divine world. Meditate on love as a source of joy, richness and beauty for everyone. Meditate on truth, which leads to freedom. (JANUARY 9, 2000)

Life is nothing other than an uninterrupted exchange between human beings and the universe. Cosmic life enters into us, we impregnate this life with our emanations, and then it returns to the source. This continuous communication between human beings and the universe is known as nutrition, as respiration, and also as love. If we do not have this communication, we die. For life to exist on the physical plane, exchanges with the earth are vital. To be alive on the astral plane - the heart - we must make exchanges with water. To have life on the mental plane - the intellect - we must make exchanges with air.' To live in the soul and spirit, we must make exchanges with heat and light.

The physical body needs nourishment to stay alive, but the heart, the intellect, the soul and the spirit also need their nourishment. When people ignore this truth, the whole meaning of life is lost. (JANUARY 10, 1998)

The luminous spirits of the invisible world ceaselessly exchange communications of love: they meet in space, exchange greetings, penetrate each other with rays of light, and then continue on their way. It is not necessary to possess a physical body in order to make exchanges - you also make thousands of exchanges of a non-physical nature with the beings around you. You don't kiss everybody, nor do you enfold everybody in your arms, but you constantly have encounters which nourish and make you happy. Why not increase the quantity and quality of these exchanges? Love - as understood by the majority of people - is really only slavery. In fact, insufficient words exist to describe the imperfections of such a love: it is greedy, selfish, possessive, jealous and cruel. You argue that your body is only human and therefore you

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cannot behave like an angel. However, know that it is not your physical body, but lack of control in your mind and emotions, that most hinders any spiritual expression of love. A human body is not what prevents us from the spiritual concept of love, for our soul and spirit are just as real as our physical body, and can intercommunicate with every other soul and spirit throughout the universe. (JANUARY 12, 1999)

One rule of spiritual life requires that, when we are given truth, we must begin by living it before talking about it and broadcasting it all around. Yes, you must first experience a truth, then practise it until it becomes part of your flesh and blood, until it finally becomes one with you. If you begin preaching a truth as soon as you receive it, you will lose it. You must keep these truths safe within you for a period of time without talking about them; you must live with them and make them yours, so they bring you strength and help you triumph over the ordeals you will have to pass through. Then, not only will these truths never leave you, but when you do speak about them, your sincerity will lend them such force, such power, that others also will accept them and share them. (JANUARY 16, 2000)

Everything in our homes, the walls and every object, is impregnated with our emanations. Our very presence works magic, spreading a covering over everything around us which acts as a good, or bad, conductor of divine influences. If we constantly give out negative feelings, words and thoughts, the objects around us act as magnets, attracting all that is dark and toxic in the universe. The opposite is also true. If we harbour thoughts and feelings of wisdom and love, and pronounce life-giving words, we spread good fluids on all the objects around us, so they become conductors of light, joy and health.

So, when you are at home, learn to touch every object with love, blessing them, asking the divine Spirit to visit them. Say: 'Spirit of light, purity, and truth, I consecrate these objects for your use, may they become a receptacle for you.' And the divine Spirit will come to dwell in your home. (JANUARY 18, 1999)

When you work for the truth, for the light, for the Kingdom of God, you need not be afraid or discouraged, no matter what happens to you, no matter what people say to you or how they treat you, because you are on the right path. This is absolutely certain. If you turn back, it proves that your objective was not truly disinterested. If you are not prepared to risk anything for Heaven, it means that you are not working for the Lord, but for yourself. All those who have worked for the realization of God's great plans have never turned back, never – whatever may have happened. They could be persecuted, even put to death, and it did not matter. They knew they were immortal and that one day their work would be recognized. (JANUARY 20, 2000)

Each word carries a certain resonance or vibration, which gives it the power to act either constructively or destructively. Most people are not aware of this fact, which is why their words alone cause so much damage and misery. Every word pronounced arouses feelings. That is why, if we speak with constructive and inspiring words, their corresponding feelings are very soon aroused. When an actor sets foot on the stage he cannot immediately experience the emotions his role requires him to express. But as soon as he begins to speak, the very words he utters make him experience these emotions with increasing intensity, and he is then able to communicate these emotions to the audience. The words themselves release energies, and these energies act upon the public. On reflection, it is clear that we must be extremely careful about our words, and watch that we do not speak carelessly, using negative words which create unhappiness and devastation. (JANUARY 21, 1999)

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Even when they claim to have opted for a spiritual way of life, some people still occupy their minds too much with material concerns: money, social position, fame, power, and so forth. That is why they cannot understand the truths of an initiatic teaching, and why they do not progress. Obviously, because we live on earth, we cannot possibly avoid material responsibilities. However, there are ways of reconciling our preoccupations with the life of the spirit: the first thing we must settle, before anything else, is the question of our goal and the means by which we achieve this goal. Instead of making money, power, and fame our objective, and using the methods of initiatic science to achieve these objectives, we must do the opposite. Our ideal must be the divine life, and everything we possess must be used for this purpose. Then we will achieve real progress. (JANUARY 22, 1999)

In order to progress, we are all obliged to accept the work and experience of those who have come before us. Take a very simple example: a chemistry student starts by studying everything discovered in his field from the beginning up until now. Then, if he is capable, he will add his own discoveries. If he refuses to study other people's discoveries, he will have to start from scratch to find out for himself that water is composed of one molecule of oxygen and two of hydrogen, and this is not intelligent. Well, when it comes to truths far more important than the composition of water, it is also not intelligent to reject the experience of others. So many people think they will be able to acquire all the knowledge necessary for life without having to consult the sages, the initiates or the great masters. Instead they will have to rack their brains for years to resolve problems that were already solved long ago. (JANUARY 23, 2000)

Suppose you are a virtuoso or a writer. After a concert or the launch of a new book, you receive hundreds of letters. Amongst this enormous pile of post you find a solitary disagreeable letter which upsets you profoundly.

Observe what has happened: all those letters of encouragement and congratulations do not suffice to neutralize the poison of that one spiteful letter. You know it is only a poison pen at work, but it has effectively wiped out the goodwill of the other letters you received in such great numbers. So then, learn to respect this psychological truth. If you need to write a disagreeable letter, reflect well and choose your words with care. A letter is very important. If you are unconscious of this you risk causing considerable damage to the lives of other people, and destroying many good aspects of your own life as well. (JANUARY 23, 1998)

The practice known as identification is based on knowledge expressed in a law of physics: the law of resonance. If you manage to vibrate in unison with another being, not only will you understand their being, but you will absorb its qualities. To the extent that you do not resonate in unison with it, to the extent that you do not identify with it, you may study it, judge it and make pronouncements about it, but you will not truly know it. In order to know it you must vibrate in unison with it, identify yourself with it. It is when two human beings vibrate on the same wavelength that they get close to one another, so they are able to know each other. And this is what love is. Love, like understanding, is the result of a fusion: two people vibrating on the same wavelength. So we could say that true understanding is the result of true love and that true love is nothing other than harmony between two wavelengths. (JANUARY 25, 2000)

Suppose someone talks to you about something that happened to him: if he emphasizes his impressions, his feelings, you cannot have a clear idea of what really happened. That is why you ask him to be 'objective', to say only what he saw and heard: the people, their words, their gestures, the objects, the time, the distances, exactly as if it had been recorded by a camera or

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a tape recorder. But, in reality, asking him to talk only of what happened physically, objectively, forces him to limit himself and to talk about only one side of things. Finally you are no better informed, because it is as incomplete as the first time, when the person was being subjective. A human being is not solely a form, a few gestures or a few words: he possesses an inner life that is impalpable and subtle with thousands of nuances. If you want to keep your eyes closed to this type of life or even to the feel of it, you will miss out on a great part of the truth. (FEBRUARY 7, 2001)

People do not express themselves through words alone. The movements they make with their faces and bodies are a clear, eloquent and powerful language for those who know how to read them. We can think of them as messages or secret signs we send out ceaselessly to the inhabitants of the visible and invisible worlds, which help us form a connection with these beings.

The spoken word is a language which can be controlled: you can decide to speak or not to speak, and even when you speak, you can hide your true feelings and thoughts. But all those gestures you make unconsciously with your hands or feet, the different positions of your body and the imperceptible movements of the different parts of your face – your forehead, eyes, nose and mouth – are almost uncontrollable. It is through them that you express the truth of your being. And depending on whether or not these movements are harmonious, the entities with whom you make contact are either beneficial or harmful to you. So be vigilant and know that the slightest inner movement engages invisible beings, that it is with their collaboration that you create your future. (FEBRUARY 8, 2000)

Friendship is the most precious thing. True! But we do not always look for true friends, rather for allies, so that we may be approved and supported in our bad habits. Do you know many people who want their friends to be absolutely sincere with them and not necessarily approve everything they say or do? The least criticism makes them feel betrayed and angry. We all know that winning favor with someone requires approvals, compliments and flatteries. That is why some refuse to hear the truth, others see no interest in saying it, and so there are a lot of people spending their time deceiving others and making mistakes. The one who really wants to evolve does not deceive others and accepts, above all, observations and criticism. (FEBRUARY 26, 2001)

As you become more and more conscious each day that you are not an entity separate from the Lord, you will eventually experience that there is, in reality, nothing to distance you from Him. The consequences of this awareness are extremely significant. When you are in touch with another human being, you receive their good and bad influences. So if you enter into contact with the Creator, you will become like Him – luminous, powerful and filled with love. Until then you will never achieve great results, whatever you do, because you are still a separate being and a being who is separate from divine omnipotence can only be weak. The initiates of India teach their disciples to repeat the formula: 'I am That', because by allowing this truth to penetrate them, the disciples understand that only 'That', or God, exists. Their consciousness thus widens and they melt into immensity; they become 'That', and as such are able to work wonders. (FEBRUARY 27, 2000)

Everything you desire, everything you imagine comes true instantaneously on the subtle planes; if you are persistent in your desires, these realisations, which, for now, only exist in the invisible world, will gradually descend to the physical plane. And then your wishes will be realised for good or evil; nothing will be opposed to their materialization. It is only a matter of patience and perseverance. Some will say, 'No, it's impossible, what we wish for cannot already be realised!'

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Well, you are wrong. When you pray with the hope of receiving qualities from your celestial Father and Mother, even if you think after your prayer: 'It's useless, nobody listened to me, I'm still my old self, weak and selfish...' in reality, wonderful beings are already penetrating you, bringing you the qualities you desire, but you do not feel them and are not delighted by their presence. Continue to pray and work. One day, everything you wished for will be realised.

(MARCH 1, 2001)

Even though they benefit from the same soil, temperature, humidity and care, some trees produce flowers with brilliant colours, exquisite fragrance, and delicious fruits, whereas others produce drab, odourless flowers and inedible fruits. Well, the same can be said for human beings. This is why, although they believe that their destiny – their evolution or their fall, their success or failure – are determined by chance events in society or in their families, they are only superficially correct. In reality everything depends on the nature of the seed or the kernel each one of us represents, on the way we think and feel, on the way we experience events and learn from them. This is why, instead of always seeking to change our conditions, we must work on ourselves. (MARCH 4, 2000)

To be silent is, in a way, to make a void within yourself. And in this void, you live to the full. Yes, because, in reality, a void does not exist. If you remove water from a container, air goes in, if you remove the air, ether will go in, and so on. Each time you try to make a void, one kind of matter is replaced by a more subtle matter. In the same way, when you manage to be silent, that is, when you chase away the din of thoughts, feelings and inferior desires, then the light of the spirit bursts in, and at that moment you have a clear vision of things: you know! (MARCH 9, 2001)

Master Peter Deunov gave us the following rule, '*Use kindness as the basis of your life, justice as balance, wisdom as limit, love as delight and truth as light.*' If we reflect on this precept, we will find its meaning extremely instructive and useful. Kindness is the only solid basis on which to build a structure. If kindness does not support the structure, even if it is beautiful and intelligent, it will fall apart. Justice is a quality of balance; to be just – as shown by a scales – is to know how to keep things in balance at all times: not accentuating only one tray, but making sure a little is added on one side while a little is subtracted from the other. Wisdom is a limit, a boundary that can protect us from external and internal enemies, which threaten us. Love gives us a taste for things. Even if we have riches, knowledge and fame, life, nevertheless, would seem tasteless without love! Truth is the light that illuminates our path and enables us to move ahead without risk of losing our way. (MARCH 11, 2001)

People are rarely able to act disinterestedly. Even when they give something, there is almost always an ulterior motive. In reality, of course, nothing can be done with complete selflessness. Even in our love for God there is self-interest. Those who love God know they will obtain eternal life, light and freedom, so there is something of self-interest in that love. But by making God the object of our love, we move our interest to a higher plane, because eternal life, light and liberty are divine acquisitions. And it is in this direction that we must head: to subdue those inferior interests whose only aim is to satisfy our instincts and our greed, and to replace them with higher interest, such as the desire for magnanimity, light, eternal life, and that all may become divine. But an interest inevitably exists whatever we may do: we cannot escape the idea of self-interest. (MARCH 15, 2000)

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Sometimes, when you talk to people about a simple life, it means nothing to them and they think it must be incredibly boring. Consider the lives of honest people for instance: how can you write novels or make films about such lives? There is nothing to say. Whereas the life of a crook, a secret agent, a femme fatal – now that is far more interesting! In reality, however, you are mistaken if you think a simple life is boring. How is it that angels and archangels, who live a simple, luminous, divine life, still do not find it boring? The simple life is full of colour, sounds and fragrances. Do not confuse simplicity with poverty. A simple life, as the initiates understand it, is really the richest and most beautiful of all, because the whole of Heaven is contained there. A diamond is simple - it is made of pure carbon - but it is the most sought-after of all precious stones. A diamond is true simplicity. So, how could you think of simplicity as poor, dull and monotonous? (MARCH 25, 2000)

The most important thing for you should be the work we do together for the good of humanity: the efforts we make to manifest divine love. Thanks to this work, which will never end, you will be on the road to perfection. Of course, you will say that obstacles prevent you from giving it priority in your life. Why such obstacles? Because you do not think correctly, you do not know how to direct all your activities towards a specific goal. You dissipate your efforts left and right while thinking that, one day, miraculously, you will find happiness. No, you will find it the way you understand that only this work can bring you true happiness and fulfillment, then everything will start to develop, blossom and flow within you. (APRIL 3, 2001)

We must know how to pass alternately from the sphere of the intellect to that of the heart, in other words, to balance the cold current, which circulates in the region of wisdom, with the warm current of love. Truth lies within this balance. If love is not tempered by wisdom, it leads to sensuality; but wisdom by itself leads us to coldness, scorn and cruelty. Therefore the cold of the wisdom must temper the warmth of love, and the warmth of love must moderate the cold of wisdom. Truth – which is life – will find the best conditions in this temperate climate. If the grain of wheat is to grow normally, it will need just enough warmth and not too much cold. There is an ideal temperature for all grains, and why not also for that grain called man? Why would he be an exception? (APRIL 5, 2001)

True Christianity basically concerns a work with the mind: prayer, meditation and contemplation. Unfortunately, it has been a long time since Christians had the ideal of Jesus; instead they adopted the ideal of the Church. They have neglected the great truths and most important dictates of the Gospels, and what took their place? Jesus said: 'Be perfect as your Father who is in Heaven is perfect.' These few words are amongst the most essential ever spoken about the divine predestination of man.

Does the Church really worry about that? No. And if someone is inspired by the spirit of the Gospels and decides to work at coming closer to the perfection of the Heavenly Father, there will always be priests and ministers who will say, 'What arrogance! It's insane!' Of course ... the teaching of Jesus about perfection leads to pride and insanity! According to them, a person must be humble and reasonable: go to mass on Sunday, take a few drops of holy water, mumble some prayers, receive the host and give away a few pennies. And if that person goes home still as nasty and dishonest as ever, it does not matter. Well, unfortunately, the best proof that this understanding of the Gospels is inadequate is that people are not becoming better beings. (APRIL 8, 2001)

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True freedom is an inner state created by a certain quality of thought and feeling. It is obviously desirable to have freedom of movement on the physical plane as well, but you must consider this freedom to be of secondary importance. The only freedom worth aspiring to is inner freedom. What is the use of going freely wherever you want if you carry within you thoughts and feelings that poison you, fetter you and which will one day confine you to bed? What kind of freedom would you talk about then? You must therefore not be so intent on gaining physical freedom, because often it provides you with all the opportunities to stray and be lured into a snare. Instead, seek wisdom, love, truth, justice and goodness, and wherever you are and whatever the conditions, you will be free. (APRIL 8, 2000)

Before trying to improve the conditions of your outer life, strive to know and accept the truths that are likely to improve your inner life. Whatever you find outside yourself will never bring you fulfilment, because fulfilment is only found in the efforts you make yourself, in efforts of will, intelligence and imagination. In fact you have already understood this: whenever you accomplish something yourself, you experience satisfaction, whereas all that you receive without doing anything, even money, fails to bring you this happiness. Yes, you have realised this yourself, you know this, but you continue to expect everything to come from the outside, which is why you are always dogged by the feeling that you lack something. So whatever you possess, whatever you are given, never abandon our inner work. Until the very last moment, do not abandon this inner work. (APRIL 14, 2000)

Learn to live true love, for that love not only restores harmony in your whole being, but lights and purifies the atmosphere around you, and all the persons whom you meet start to love you: they feel good close to you without knowing why. In reality, what they feel is a presence: the presence of celestial entities attracted by your aura. And when these entities – which nourish themselves with pure colours – see a person surrounded by this light and those colours, they run up to him. This is a great work you have to do on yourself through your love, so as to form around you an aura that can attract everything that is really beautiful and luminous in the universe. (APRIL 18, 2001)

So many people think they will be forgiven for their mistakes because they claim to have such a great ideal, to desire only good and light, and so on. No, if they really wished to achieve something good and luminous, if they really made some efforts and sacrifices, they would obtain results. If they stagnate and do not progress, it is because they do not fervently wish for good. And this is true in all fields. People say they love health, but they are sick. They say they love truth, but they lie. They say they love freedom, but they are enslaved. They have to stop pretending to have good desires and intentions. Nothing can prevent someone from obtaining something he really loves or wishes, for his success depends on the power of his love.

(APRIL 19, 2001)

Teenagers do not know much about the mechanisms of the psychic life and do not suspect danger of letting their imagination wander out of control. And it seems also that parents and teachers do not know much better, for they let young people immerse themselves in nebulous states, without realizing the potential dangers. They even encourage them. They say, 'He's dreaming, he's a poet; we have to leave him alone.' But what do they know about this day-dream world? In reality, it is the astral world with all its snares, seductions and illusions ... One of the wonderful powers nature has put into man is the imagination, but this power must be oriented in a positive and constructive direction. If young people – adults too – let just any

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feeling, any desire gain a hold over their imagination, they will eventually fall a prey to currents and dark entities, which will seriously trouble their mind. (MAY 3, 2001)

What is purity? Some people consider it a ridiculous and old fashioned virtue they need not bother about, because they equate purity with chastity, and what is the value of chastity nowadays! For others, purity is a wonderful state which evokes nostalgia for them, because they associate it with childhood, with an innocence they can never regain. In reality, purity is a concept belonging to much vaster realms. Everything inspired by our higher nature is pure, and all that is inspired by our lower nature is impure. Through it crude and undisciplined desires, our lower nature pushes us to make decisions and orient ourselves in ways that are small-minded, biased and selfish. Therein lies impurity. In fact, purity or impurity is only a question of intentions, of objectives. Yes, it is the intentions and objectives that make our actions pure or impure. When you have a disinterested goal, when you wish to work for the good of all, your action is pure. So if you are sincerely seeking purity with all your heart, you must begin by mastering your lower nature. (MAY 6, 2000)

When we see the way things are going in the world today, we realize that the worst could happen at any moment: a nuclear war, an epidemic, an environment disaster, and so on, which could lead to the annihilation of humanity. This is why we hear certain voices announcing that the curses described in the Apocalypse will sweep down on the earth. It is true that the Apocalypse predicts the end of the world; this is written. But in reality, these events are never absolutely predetermined. Depending on how human beings behave, events can take a completely different course. God is not a tyrant commanding cataclysms which cannot be reversed. There is not determination, no irrevocable destiny, either for a person or for the world as a whole. Human beings have been created with free will, and they determine their future. If they live in disorder and folly, they set chaotic currents in motion and then, of course, the law of nature, which are the laws of justice, steer them towards disaster. This is logical. But if they decide to quite down they project harmonious forces around them and, since the balance of nature is no longer disturbed, no harm can come to them. (MAY 12, 2000)

How many of you have gotten into the habit of taking note of the truths that could help you? While reading books, listening to people talking, you suddenly feel that a certain thought touches you and could bring a solution to your problems. But instead of paying attention to it, you are careless, absent-minded, and you let everything fade away. That is why when the moment comes to face trials, you do not remember that, on several occasions, you have received weapons to overcome them. Well yes, some will hear or read four or five times truths that could save them, but they do not make a note of them, they forget them: it is as if they had never read or heard anything. And they are always struggling with the same problems. To get somewhere in life, one must have a method of work. (MAY 13, 2001)

Which places on earth first see the sunrise on the horizon: abysses, precipices or high mountain summits? Of course, you will say that it is the summits. And at night, it is also the summits that see the sunset for longer. So then why can you not interpret this phenomenon? Why is it that in life you think initiates are mistaken and the masses are right? Do you suppose, then, that the Lord revealed himself to all kinds of people without consciousness or morality, and deprived of light the initiates who live in purity, wisdom, love and the greatest abnegation? How is it that you are not aware of the lack of logic in this reasoning? In reality, initiates are the first to be

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enlightened, the first to be in unison with light, the first to discover subtle truths. As for those who stay on too low a level, only God knows when they will be enlightened ... (MAY 16, 2001)

In the morning as you watch the sunrise, concentrate on it and say: 'As the sun rises over the world, may the spiritual sun of love, wisdom, and truth rise in my heart, in my soul, and in my spirit.' Pronouncing these words will help make these ideas become real: as the sun rises on the physical plane, the spiritual sun will rise in you. And before going to bed at night when the moon is waxing, say: 'As the moon enlarges, may my heart fill with love, my intellect with light, my will with strength, and my physical body with health and vigor.' In the spring, when the first leaves and flowers appear, say: 'As nature blossoms, may all of humanity live in eternal springtime!' In doing so you become a white magus, a child of God, and through the creative spoken word, the word which created the world, always and everywhere you create a new world. (MAY 18, 2000)

There is an universal law: to survive, we must know how to renew ourselves continually. And if the Church is now in the process of losing ground, it is because it has not renewed itself. For centuries it has continued to cling to old, outmoded ideas which should be abandoned. Obviously, the principles on which the Christian religion is founded can never be replaced; better principles than those found in the Gospels do not exist. But to these principles so many beliefs and practices have been added, and it is these additions that no longer have any reason to exist.

Many people also abandon the Christian faith because they find that science contradicts and obliterates the teachings of the Gospels. Well, this is too a mistake, because anyone who understands the discoveries of science will see that they only underline the truths of the Gospels. It is now up to the Church to broaden its point of view and show that scientific truths can never destroy the truths of faith. (MAY 20, 2000)

Should we always speak the truth? No, often it is better to remain silent. Suppose a man confides in a friend that he has doubts concerning the fidelity of his wife. The friend, who knows what is going on, believes it is his duty to tell the truth and confirms that his wife is cheating him. As a result the husband, insane with jealousy, surprises his wife and her lover, kills them with a revolver and then, in desperation, puts a bullet through his own head. There you are: the magnificent results of the truth!

Of course this anecdote may seem to oversimplify the matter, but not entirely. Look at all the harm people do under the pretext of telling the truth. The truth is wonderful, provided we first consult wisdom in order to understand how, when, and to whom we should tell it. Otherwise there is nothing more disastrous than truth if wisdom, and love too, of course, are not there to ration and guide it. Because these three support each other and must always work together: love, wisdom and truth. (MAY 24, 2000)

None of your efforts is lost; even if, for now, you are not successful, everything you try to achieve remains an acquisition for later. One day all the efforts you have made will call to Heaven for a reward, and Heaven will grant it, because that is the law.

Those who do not understand this law say, 'This person has done nothing and receives everything, whereas I work and have nothing. I live in poverty,' and jealousy gnaws at them. In reality those who seem so privileged have already done great work in the past. A genius as great as Mozart, for example, had already dedicated himself to music in his previous incarnations; this explains why he expressed such exceptional talent at a very early age. A realization is possible only if we have already learnt and worked. It is only a matter of time and

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effort. When they see that you are sincere and persevering, the forces of nature themselves will come to help you, because they are faithful and true. (MAY 25, 2001)

Many people think they can resolve their problems by changing the outer conditions of their existence. In reality they are like the little birds who complained to their mother: 'We don't want to stay in this nest any longer, mother. It isn't clean. Let's move to another nest that is cleaner and more comfortable.' And the mother bird responds, 'Well, I can understand your disgust, and we could move to another nest, but won't you be bringing your little bottoms along with you? If so, the new nest will quickly become as dirty as the last, since it is you who makes the mess.' And it is the same with human beings: when their world begins to look uninhabitable, they dream of paradise. But if they were allowed to enter paradise with their hearts and minds full of impurities, it would soon become a repulsive place. They must first of all change themselves because, once they are pure, wherever they may go, their dwellings also will remain clean. Instead of seeking to change your outer conditions, you must change yourself. (MAY 27, 2000)

Your children are dreams, thoughts and feelings that you have had in the past, and which you have now clothed in physical form. You do not know who you were in the past? Well, look at your children and they will tell you: 'Watch us, we are here to show you what you were really like.' If you want to know the truth about people all you have to do is look at their children. You will tell me you are not married and you have no children – but, there again, you are mistaken. Your children can also be your actions, and that is how, each and every day, you bring children into the world. Jesus said that you can tell a tree by its fruit. If your fruit is tart, bitter and acidic, it proves that within you, the mother – the heart, and the father – the intellect, are defective. Action is a child, and this child can only be divine if this inner father and mother have conceived it divinely. (JUNE 5, 1999)

In the Acts of the Apostles it is said that, on the day of the Pentecost, the Holy Spirit descended upon the apostles in the form of tongues of fire. This descent of the Holy Spirit is actually a symbol which is found in one form or another in all religions. Presented as such, one might believe the Holy Spirit to be an entity foreign to humankind, but no, the Holy Spirit is our higher Self, that is to say the symbol of all that is luminous and powerful, of everything divine. When a human being receives the Holy Spirit, it is his own spirit that descends into him, his own spirit, which is his higher Self.

We are linked to our higher Self, which waits to enter and take possession of us, but it is we ourselves who, through our impurities, may block the way. If we truly purify ourselves, if one day we achieve true sanctification, the Holy Spirit will descend into us, that is to say into our own higher Self, and our higher Self can then accomplish miracles. (JUNE 11, 2000)

Imagine a man inside a sphere, another, outside. The one inside, of course, sees it as concave and the one outside, as convex. Both men discuss and squabble; it is impossible to have them agree.

Now let us interpret. The one who is inside the sphere is the heart: he observes life from inside – subjectively – that is with emotion, feeling, and sensation. The one who is outside is the intellect that observes things from outside – objectively, rationally. This is why discussions and confrontations have gone on for centuries between the heart and the intellect, between religion and science. Which is right? Both of them, but only 50% each. That is why a third observer comes along and says: 'The sphere is both concave and convex,' then of course the other two get angry and consider him insane. In reality, the latter is a wise man who contemplates truth in

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its entirety. This sage is our intuition, which has the capacity of bringing together thought and feeling to see things simultaneously from outside and from inside ... Yes, to know the true reality of things one must be both subjective and objective, standing both inside and outside.

(JUNE 23, 2001)

Love – common love – between men and women is a struggle, a fight: it is a question of who will triumph over the other. Appearances are of course appealing: smiles, kisses, flowers, gifts... But, in reality, it is an implacable war between the sexes; a covert war, for in order to defeat the enemy, one must deceive the other and use diplomacy. It is only years later that we see which of the two were smarter. You will protest, 'What you're saying is awful, it's impossible!' Yes, but unfortunately, it is the truth, the sad truth... except in cases where the man and woman have a divine philosophy, a high ideal for which they want to work together so as to hasten the coming of the Kingdom of God. Then they are no longer covert enemies but associates: both of them participate in this divine work with the different qualities nature has given them. (JUNE 25, 2001)

You question someone about his beliefs: he will tell you what he thinks about religion, politics, love, etc., and he is convinced that he is right. A few years later, following all kinds of experiences, he has changed and his convictions as well. But he still believes he holds the truth. Well, that is how people are: they think one way when they are children, another as teenagers, and they change again when they become adults – and perhaps even many times – until their old age, when they will think differently again! So you must reflect and tell yourself, 'For now I have a certain point of view for life, but since I have changed opinion many times already, who knows if I am nearer to the truth now than before?' Yes, even at 99 years old, you must say, 'I'm still waiting to express my opinion; in a few thousand years maybe I will see more clearly!' It is all right to have convictions, but not about your capacity for judgment, because that is limited and incomplete. Live some more and you will change again. Yes, opinions vary constantly according to what we have lived through and on what level of consciousness it was experienced. (JUNE 26, 2001)

It is the Thrones, the angels of the sephirah Binah, also known as the Twenty-four Elders, who decree the destiny human beings will meet with in their next incarnations, according to how they have lived in previous lives. But these orders are executed by others: the angels of the sephirah Chesed or Geburah. If people need punishment, if it is necessary to subject them to trials in order to teach them truths they have stubbornly ignored, the Twenty-four Elders will not execute this themselves, but will send the angels of Geburah to subdue these recalcitrant individuals. And when, on the other hand, people deserve rewards, it is the angels of Chesed who come and smooth the way and shower them with blessings. Each angelic hierarchy has a task, a specific mission: the Aralim, the angels of Binah, pronounce judgement; the Seraphim, the angels of Geburah, establish trials and punishments; and the Hashmalim, the angels of Chesed, distribute blessings and rewards. (JUNE 28, 2000)

You deprive yourself of many things by not being able to recognize the value of what other beings give you. Even the most patient, the most generous of people end up being discouraged. What is the point of trying to help you, trying to do you a good turn, if you do not appreciate it? They feel they are wasting their time with you, and in the end they will turn to help someone else, someone who will show more appreciation for the help offered. Even a spiritual master must take this reality into consideration. He gives his riches and his knowledge to those in whom he senses an echo. Otherwise he keeps quiet; he does not put his treasures into a leaking boat. And Heaven does the same: it closes its doors to anyone who does not recognize

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its kindness. You will say: 'But we didn't know it was like this and that we must be so vigilant.' Well, exactly. You have to learn. You have heard of the expression 'to have dealings with someone', in other words to be in association with someone. This implies an exchange. Try to meditate on all the applications of this word. In exchange for what he gives you, a spiritual master asks that you at least give him your attention. (JULY 1, 2000)

Many people say, 'Why did I find your teaching so late in life? I have spent my whole life in doubt and error, and now not only is it too late to undo my mistakes, but it is too late to start a new life.' It is true that it is better to find the light when we are young so that we may guide our life by it, but that does not mean that it is too late now that you are old. Even if you have very little time left to live you can still learn the essential truths and immerse yourself in them. In this way you will attain a higher level of consciousness before leaving this world. This is the great difference between the physical and the spiritual life: if you have never learned to play a musical instrument, pilot a helicopter or sew or knit, you cannot expect to do so when you are eighty. But when it comes to learning the laws that govern the world of the soul and the spirit it is never too late. Every effort you make in this direction will not only make it easier for you to enter the light of the next world, but it will also help you to prepare for your next incarnation. (JULY 2, 2001)

People believe they have objective opinions and points of view. But in reality most of the time these points of view stem from their needs, from even their lowest needs. Take political ideologies for example. To please the people in Rome one had to promise bread and games. Still, today, in another form, one must promise bread and games to the people. Take also the theories on sexuality: as most men and women do not know how to consider their sexual energy, still less how to control it, specialists present theories that actually have no absolute value; they apply only to weak and ignorant people who do not know – or do not want to know – that, if mastered, sexual energy can contribute to their spiritual fulfillment instead of being wasted in the pursuit of pleasure. And so on for all the rest. That is why it is so difficult to educate human beings. They can truly understand and accept these initiatic truths only if they have managed to dominate their inferior needs; otherwise these needs continue to confirm them in their erroneous opinions. (JULY 3, 2001)

The truths of a spiritual teaching can really affect only those who have already done a considerable amount of preparatory work on their inner self. To others it is like explaining a cat it should stop eating mice; it listens and says; 'Miaow', meaning OK, I promise, I understand. And then suddenly there is a small noise in the far corner. A mouse is scampering across the floor. And there goes the cat, leaving you standing as it belts after the mouse, even though it had been listening attentively and had even made you a promise. And then back it comes, licking its whiskers. 'Miouw' it says, in other words, 'I can't help it (Yes, literally!), I have to eat mice, I can't change my cat's nature from one day to the next.' Therefore, as long as human beings are cats – or any other animal – you can preach to them as much as you like, it will not do much good. Those who are ready, however, need only a few words to understand and begin to work towards goodness. So before you start to try and convince everyone around you of the truths of initiatic science, take a look at whom you are dealing with. (JULY 7, 2000)

All the elements of nature – valleys, springs, mountain summits, precipices, etc. – are laden with symbolic meaning and correspond to realities of the inner life. Someone who meditates on a philosophic and mystic truth ascends inwardly to a high summit since this truth puts him in contact with Heaven, and the source that begins to flow within him purifies and vivifies him. To

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aim at the summit means to have a high ideal. Nourishing within oneself the noblest thoughts and feelings. To fall into a precipice means to give in to the vilest instincts by which one is gradually engulfed. But the summits and precipices are closely related: the higher the summits, the deeper the precipices. Here is another truth that is worth meditating on. (JULY 10, 2001)

Once upon a time there was a poor monk in a monastery who was limited intellectually that he could only be entrusted with the crudest physical tasks: cleaning, sweeping and washing dishes ... But he had in his head one truth: he understood that he could join a phrase to his modest chores. When he was washing dishes, he would repeat, 'Lord, as I wash this plate, please wash my heart.' And when he was sweeping, 'Lord as I sweep this cell ...'etc. This lasted years. And one day, because he had constantly worked on purity, he ended by becoming clairvoyant and so wise that cardinals would come from far to seek advice from him. Well yes, just one truth ... And so, you know so many truths, what is keeping you from doing something with them? Do not be content with theories. Choose a few truths and work on them day and night, and you will see the results. (JULY 31, 2001)

We see this all too often: people are not worried about fraternizing with all the devils of hell, but they have the greatest fear of the spirit, of the higher states of consciousness; they flee them. Why? Because deep down they feel they still need to give in to their whims, their desires, to live a lower life and instinctively they are frightened of this light that will show them their weaknesses, bring them regrets each time they become aware they have done wrong. Those who fear the light of the spirit do not quite know why. They give all kinds of dishonest reasons, such as the fact that spirituality disturbs people pushes them to neglect social life and, of course, you understand that they are magnificent people. Well, no, not at all! The truth is that they refuse to give up their old habits and they flee the light because they sense light is the worst enemy of their lower nature. (JULY 31, 2000)

Meditation has become fashionable lately. More and more people meditate, or so it would seem. But what can such meditation without any preparation bring them? How can they meditate if they do not have a high ideal, if they have not relinquished their whims, their debauched living, their disordered thoughts and desires, their wine and their tobacco? They say they meditate. And what is the subject of their meditation? Money, power, a man or woman they might seduce? They cannot meditate on celestial subjects because they do not have an ideal with which to tear themselves away from ordinary, animal life and to pull them up to Heaven. Be quite clear on this: you cannot meditate unless you have conquered certain weaknesses and understood certain truths. And not only are you not able to, it is even dangerous to try.

(AUGUST 13, 2000)

The science of physics studies four vital phenomena: heat, light, magnetism and electricity. And these natural phenomena each have a connection within us. Heat is connected with the mouth, electricity with the nose, magnetism with the eyes and light with the forehead. But the mouth (heat) is linked to the eyes (magnetism): it is the heart linked to the soul. Through our eyes we absorb spiritual nourishment, just as we absorb physical nourishment through our mouths. And the nose (electricity) is linked to the forehead (light): it is the intellect linked to the spirit. And in the same way that the nose detects smells, the intellect, through wisdom, detects what is good and what is bad, what is true and what is false. Whereas the spirit, the forehead, perceives the realities of the divine world. (AUGUST 29, 2000)

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It is not on the physical plane that women are most powerful, but in the subtle plane of emanations, because they give off small, subtle particles of a special magnetism. That is why men have often called them witches, sorceresses or fairies. The truth is that, thanks to their emanations, women even have the ability to form bodies of an etheric nature. If a great master, a savior of the world, provides them with a seed, the idea, then all women are able to provide the material which serves to create the body of a collective child. They do, however, have to become conscious of their capabilities and decide to contribute with the whole of their being to the formation and development of this new collective body: the Kingdom of God on earth.

(SEPTEMBER 6, 1999)

Every day Heaven speaks to us, sending us messages. However, these messages come from a sphere where matter is extremely subtle: they must pass through all the impure layers we have accumulated around us and in the process they become deformed. Take a stick, put it in a container of water with transparent sides and look: at the precise point where it penetrates the water, the stick will seem to be broken. This deformation is due to the difference in density between water and air. The same applies on the psychic plane: the more things have to descend into the density of matter, the more they become deformed. In order to know them as they really are, you have to be able to elevate yourself through thought to the subtle world of their origin. A dense brain is not capable of receiving sublime truths from Heaven. Or, rather, it receives them in a deformed state – the brain itself deforms them.

Seek therefore to clear away all impurities, to elevate yourself, and then – only then – will you receive clear, lucid and truthful answers from Heaven. (SEPTEMBER 13, 1999)

For centuries the Church has continually stressed that the human being is a sinner, conceived in sin and born in sin. This idea has been propagated with such emphasis that it has prevented people from improving, weakening their faith and their desire to correct the situation. Of course, there is some truth in it. People are conceived in sin, because parents pass on a congenital nature that is already defective. Consider the conditions in which some children are conceived: if light, purity and true love were not present, some faults will already have been transmitted to the child. But to insist that ever since Adam and Eve the original sin must necessarily be passed on from generation to generation? No. If human beings find light, if they do their best to cultivate goodness, honesty, justice and wisdom, the fact that Adam and Eve may have sinned is not important, because transformation and change is possible in everything.

It is absolutely unacceptable to instill ideas into people that keep them forever held down in guilt, with no hope of any improvement. We are sinners – that is understood – but we are not obliged to stay in that state for all eternity. We must keep progressing until we become perfect.

(SEPTEMBER 13, 1998)

King Salomon is traditionally known as an example of wisdom and knowledge, but what did he say? *'For much wisdom is much vexation, and those who increase knowledge increase sorrow.'* Which shows that wisdom and knowledge do not necessarily bring happiness. Indeed, with the light they bring us come concerns and worries. This light shows up what we often prefer not to see. And even if the wise represent a human ideal to pursue, wisdom is not enough to bring happiness. It is love which brings us happiness, not wisdom. We should therefore love to be happy. But we should love according to wisdom. This is why love and wisdom are connected: wisdom shows love how to enlighten itself, and love shows wisdom how to warm itself. Because wisdom is cold. So love and wisdom help each other and the human beings who possess them live in this fulfillment called truth. (SEPTEMBER 15, 2000)

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Although it is not always good to say the truth, it is always good to know it. To know the truth will never harm you. When Jesus said, '*Do not cast pearls before swine,*' the pearls he was talking about were the truths for which many people are not prepared; and if you want to reveal these truths to them, not only will they not appreciate them, but they will tear you apart.

Truth does not bring misfortune. It brings misfortune only if you reveal it before evil, dark people. So do not '*cast*' the truth at them, treasure it within you, and it will free you. For Jesus also said, '*Know the truth and the truth shall make you free.*' Every day, you can thus adorn yourself with the gold and pearls of truth, contemplate and touch them, then lock them up in your secret treasure chest deep within you. What misfortune can this bring? This contact with the truth can only reinforce you, and this is how you can help others, support them and project them toward light. (SEPTEMBER 20, 1998)

Many people cling desperately to this life because they are ignorant of the fact that they could enjoy another, better life after they die. To survive, they may commit all manner of crimes, thus incurring karmic debts which, sooner or later, will have to be paid. A disciple of an initiatic school thinks differently. Sometimes he may reflect, '*Life on this earth is nothing more than drudgery: I am limited, subjected to scorn and rough handling, tormented and overworked,*' and he images the beauty of the divine world. But he also knows that he is here on earth to work, to repair past errors and he accepts to do so, because he knows that as soon as he has finished this work, he will live in the freedom of space. Spiritual people know this truth and that is why, even though they know that their true life is elsewhere, they remain convinced they must stay here on earth. As long as their earthly affairs are not in order, as long as the work that Heaven has given them has not been finished, nothing else matters. They do not ask themselves whether they would prefer to live or die; they only wish to finish their work. However, as soon as that work is completed, they pass on with great joy, because they know the effort of clinging to this earth is not worth the candle. (SEPTEMBER 22, 1998)

A disciple does not consider his master to be an exclusively separate being. The master exists also inside his disciple, in his heart, soul and spirit, to the extent that he has been genuinely accepted. The more a disciple frees himself from his personal, mistaken ideas, the greater the possibility he creates for his master to come and live within him, to make a dwelling of his inner temple, purifying and bringing light into it. If we understand the magic power of this process, we can understand the mysteries of creation. It is said that God created man in his image, but man also creates God within himself. The closer we draw to God, the more we become a faithful image of him. That interior image then acts like a receptor, a condenser of divine forces. That is true magic! (SEPTEMBER 18, 2001)

I want to help you; I want to see you happy; that is why I go back over this fundamental question of nourishment for the soul and spirit so often. Until you learn to nourish your soul and spirit, you will feel unsatisfied, in a void. However, since you have not understood why I am obliged to repeat this, you find it boring to hear the same words over and over again. You have the same attitude toward spiritual science as you have toward other sciences. You study grammar, mathematics, physics, chemistry, biology, etc. and once you have assimilated the different notions set out in your books, you do not need to repeat them every day, you know them. Let us take grammar: It is useless to review the conjugation of verbs or other details every day. And you suppose it is the same for the spiritual life ... you have read and you can repeat what you have read, so you think you have understood. Well, no, spiritual life, on the contrary is based on repetition. Every day you must go deeper into the same truths until they become flesh and blood

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within you. As long as they have still not become flesh and blood, you must continue to repeat them. (SEPTEMBER 23, 2001)

Many people complain that they feel distressed, tormented, off balance ... They are told how to get out of these deplorable states, but since they are not given pills to swallow but exercises to practice, they answer, that they do not have time. Well, yes, people are incredible: They are told what they can do to restore balance and peace, but they never have time! Well, that is something you must never say, in reality, there is always time. Yes, those who have no time to pray, meditate or do some exercises will have time to suffer. Those who have no time for light will have time for darkness. Those who have no time for health will have time for sickness, tossing and turning in their bed... This is a mathematical certainty, an absolute.

(SEPTEMBER 24, 2001)

The intellect evaluates and draws conclusions on the basis of the appearance of things and on the partial view it has of them. That is why it cannot be relied on to make correct judgments about other people and situations, and that is the origin of many mistakes. Obviously, by accumulating over a long period a large number of elements you can succeed in seeing the complete picture, but how long does that take? There will always be subtle, intangible elements which the intellect cannot grasp. When you first meet someone, you cannot immediately know who he is. It takes a considerable amount of time to get to know him. The only instantaneous way to know a person completely is by developing intuition, which is a manifestation of the spirit. Intuition needs no other element to evaluate: it instantaneously penetrates the heart of people and of things and draws its conclusions immediately, without ever making a mistake. Nothing is hidden from intuition, it alone is able to know people and things as they truly are.

(SEPTEMBER 29, 1999)

The word 'truth' in Hebrew is 'Emet'. It is made up of three consonants, Aleph, Mem and Tav.

Aleph, the first letter of the alphabet, represents the divine world.

Tav, the last letter represents the physical plane, the basis of all materialization.

Mem, the thirteenth letter of the alphabet – which has 22 letters – is therefore near the middle, which represents the spiritual plane, the intermediary world crossed by the ascending and descending forces.

The letter Mem corresponds to the thirteenth Tarot card. This card depicts a skeleton carrying a scythe: It is death, which cuts down everything perishable. The letter Mem is therefore a transmitting force, destroying everything which is inferior and bad. That is why it is the first letter of the Hebrew word 'Mavèt' meaning 'death', and the first letter of the name of the archangel who takes the soul and leads it to God: Mikhaël. (SEPTEMBER 25, 1999)

Part of our being is in touch with the entire cosmos; it lives and vibrates with the cosmic Soul, the universal Soul, with all the generations of the most distant past. It is in contact with the world up above, in other words the realm of ideas, archetypes, laws, forces and truths, which are reflected within us in symbolic form. When we meditate on certain truths which are up high in the causal plane, a movement is generated in the depth of our subconscious and at that moment a form appears in our consciousness: An image or a geometric symbol. This is how we explain dreams, visions and premonitions. If human beings had to find the exact connection themselves they would never succeed, because there are thousands of symbols, images and possible connections. Only nature knows this affinity between things and puts in our minds the image which corresponds precisely with the subject of our preoccupations. (SEPTEMBER 30, 2000)

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When scientists describe a mineral, a plant, an animal or a human being we cannot fault him; what they say is true. It is only partially true, however. For it to be the whole truth they should situate the object of their study back in the cosmic life to which it belongs. Detached from this life, the stone, the plant, the animal or the person is deprived of the essence. That is why, for as long as scientists continue to work in this way, what they call scientific truth will always be a half-truth, a distorted truth.

Do not misunderstand me: This is not about trying to question the value and benefits of science. The real problem lies elsewhere, in scientists' heads, in their attitudes to life, in their inability to link the objects of their study to life as a whole. Living beings and objects do not exist as separate entities: They exist as part of a whole and these parts are interconnected. A branch, a leaf or a fruit is cut off and studied in isolation. This fruit, however, should be studied whilst still on the tree if we are to understand it as the end result of all the energies circulating in the universe. (OCTOBER 4, 2001)

The error of materialistic philosophy lies in presenting a mutilated idea of a human being. Yes, by denying that a human being possesses not only a heart and an intellect, but also a soul and a spirit, it bypasses what is most essential. That is why, sooner or later, materialism is condemned to bankruptcy; no materialist can expect reality to conform to his wild imaginings. Man received a soul and a spirit from his Creator and his soul and spirit need to be nourished; this truth will remain unchanged for eternity. Someone who insists on denying the reality of the soul and spirit and of their needs is condemned to die of hunger. More and more events will force men to question themselves about the divine principles within themselves – the soul and the spirit – which they constantly smother. They will have to change their understanding of themselves and of their existence on earth. (OCTOBER 5, 2000)

A man or a woman cannot create a child on their own, but by means of the spoken word they are each creators, quite separate from each other, because their mouths contain both principles – the masculine and the feminine – in the form of the tongue and the two lips. The Gospels illustrate this. It is thanks to the omnipotence of words that Jesus performs miracles. He says to the paralytic: *'Stand up, take your bed and go to your home.'* When Jesus raises Lazarus to life, he goes to the tomb and he cries with a loud voice: *'Lazarus, come out!* When he raises the daughter of Jairus to life, he takes her by the hand and calls out: *'Child get up!* When he heals those possessed with demons, he commands: *'Come out of the man, you unclean spirit!* When he cleanses a leper, he says: *'I do choose. Be made clean!* When he calms down the storm, he says to the sea: *'Peace! Be still!*

Looking at the way our body is built teaches us about the two principles, the masculine and the feminine. It teaches us that only below, on the physical plane are the two principles separate, since physically a human being can only be either a man or a woman. But up above, on the divine plane, the two principles are united as they are united in the mouth and this is why above human beings are creators, they are free and they live in fulfillment. (OCTOBER 1, 1999)

The whole created universe is the result of the relationship between the two opposing but complementary poles of spirit and matter, or – to put it another way – between principle and form. The human being cannot survive with principle alone: It needs the support of material form. The spirit incarnates into a body – the form that enables it to manifest on the physical plane – and then when it returns to other regions and has no further use for this human form, it then discards it.

Form is always necessary, but it is not durable; God has not gifted form with eternal life. That is why, from time to time, Heaven sends initiates, sages and great masters to change the form of

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religions; but only the form and never the principles. The principles of love, wisdom, truth, freedom and sacrifice are common to all the great religions of humankind and these principles remain immutable and valid for all eternity. (OCTOBER 6, 1998)

Most people have been handed down standards and rules by their fathers, grandfathers, great-grandfathers and great-great-grandfathers and these are so deeply embedded in them that it is virtually impossible to make them see beyond these old regulations and codes of honor. They hold on to this legacy of prejudices so tightly that even if the Lord Himself came to speak to them, instead of saying: 'Yes Lord, I am listening to You,' they would reply: 'Oh no, no Lord, I have my own points of view, my own opinions. Leave me alone.' They do not realize that these opinions they are holding onto so vehemently are in fact determined by their weaknesses, their lower needs, their passions. Yes indeed, it is often people's vices that determine their philosophy. Because they have a certain weakness, a certain harmful tendency, they see things in a certain way. Let them rid themselves of some of these weaknesses, however, and their view of the world will change. (OCTOBER 13, 2000)

Those who apply themselves solely to developing their intellect only see the outer aspect of things, so they only possess 50% of the truth. Whereas those who react solely with their heart, in other words with their feelings and emotions, only see the inner aspect, which also only represents 50% of the truth. When the intellect meets people it holds them at a distance to examine them in detail, to examine their physical appearance, their clothes, their gestures, their words and so on. The heart on the other hand comes as close as possible to taste them, to absorb them. And this is what happens in all situations throughout life.

Truth comes when the heart and the intellect are linked, when they are in touch with each other. As long as people persist in using the heart and the intellect separately, something will always be missing. Without the intellect they have no light to see where they are going, and without the heart they lack the vigor allowing them to get closer to beings and things. We must learn to bring together the intellect and the heart in everything we do in our day-to-day lives. In other words we must bring together thought and feeling so that we may understand and feel. Then we will be able to embark upon the path of truth and also bring others along with us. (OCTOBER 17, 2000)

You should never forget that your inner states do not concern you alone; they also influence others around you. If you are impure – 'impure' meaning unfair, dishonest, jealous, selfish, greedy, etc. – then your emanations soil other people. It is obvious that you want to do good, but you must know that you can do good only if you have first rid yourself of impurities. That is all ... and it is an absolute. If you really want to help humanity, you must first purify yourself. Even if you speak to no one, even if you meet no one, thanks to your purity, that is your unselfishness and abnegation, you contribute to the purification of the atmosphere on the whole earth. Yes, just by your presence. But if you are impure, you contribute to poisoning the whole world. And in this case it is useless to brag about wanting to do good. (OCTOBER 21, 2001)

You should never forget that your inner states do not concern you alone; they also influence others around you. If you are impure – 'impure' meaning unfair, dishonest, jealous, selfish, greedy, etc. – then your emanations soil other people. It is obvious that you want to do good, but you must know that you can do good only if you have first rid yourself of impurities. That is all ... and it is an absolute. If you really want to help humanity, you must first purify yourself. Even if you speak to no one, even if you meet no one, thanks to your purity, that is your unselfishness and abnegation, you contribute to the purification of the atmosphere on the whole

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earth. Yes, just by your presence. But if you are impure, you contribute to poisoning the whole world. And in this case it is useless to brag about wanting to do good. (OCTOBER 21, 2001)

The foremost task of an instructor is to awaken in children a sense of the divine world and of the hierarchy of celestial creatures ascending all the way to the throne of God. Yes, it is essential to instill in the souls and spirits of the younger generation the idea that a sublime world exists, to which they can turn for strength, courage and inspiration, not only in difficulties and trials, but in all circumstances of daily life as well. You should not expect young people to know and relate to the divine world immediately, even if they have been instructed in the truths of initiatic science. However, they will always be able to draw on spiritual resources through this connection with Heaven, and an inner world of great riches and power will always be at their disposal. And at times when other young people may despair, break down or succumb to criminal ways, they will advance and become wonderful examples. (NOVEMBER 3, 1998)

It seems that human beings always manage things in such a way that what should enhance their well-being and that of everybody else serves only, in the end, to ruin them. How can that be? Because of ignorance, greed and the need to control. Many researchers regret revealing the results of their work, because unscrupulous people immediately misuse their methods to dominate, destroy or exploit their fellow men. Even initiates and spiritual masters have always been very careful about this, because they realized that the great truths they revealed to help people could be turned around and used to lead people to their downfall. For this reason they gave the precept: *'Know, wish, dare and keep silent.'* When human beings are more evolved, more revelations will be possible. Meanwhile, it is often better to keep quiet, accepting the advice of Jesus not to *'throw pearls before swine'*. (NOVEMBER 9, 1998)

You think it normal to allow your emotions, excitement and passion to get the better of you, but do you ever give a thought to the state of your brain when you have to reflect on solutions to important problems or understand fundamental issues? You do not. What a detrimental way to behave! If you want your brain to be always strong and ready for use, you must be attentive, careful, economical and measured in everything you do, otherwise you will understand nothing and, moreover, you will be too tired to comprehend even if the greatest of life's secrets were revealed to you; and this would be a shame, a very great shame. That is why you should try not to waste time and energy on preoccupations which will only weaken you. Then, when truths with the power to set you free appear, you will be wide awake and clear-headed and able to grasp them instantaneously. (NOVEMBER 13, 1999)

No-one has the right to criticize the truths of initiatic science before having checked them out. So many people, their heads full of misconceptions and old traditions passed on through their families and society, reach a verdict and express an opinion. Of course in these circumstances the initiatic truths appear absurd and senseless to them. Wise, intelligent people, however, never reach a verdict or express an opinion about what they have not studied, examined in depth or experienced. They say: 'I cannot formulate an opinion yet. I need to examine this issue first and then I shall give you my opinion.' So you too, do not hurry to reach a verdict and voice an opinion on certain spiritual truths, when you do not yet understand them. Be more modest and first begin by learning. (NOVEMBER 23, 2000)

If people thought to protect their life, to preserve it in the greatest purity, then they would be better able to realize their plans, because enlightened life is the source of all energy.

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Unfortunately they do not know this truth and they waste their lives. They think, because they are alive, that everything is allowed. They say to themselves: 'Well, since we have been given life, let's make the most of it.' And they enjoy it so much they become exhausted and unwell. They should start to live according to a different philosophy. They should begin to realize that merely their way of thinking already digs into their vital energy reserves, affecting the quintessence of their being. By using and abusing their lives, by allowing themselves to break divine laws, and even human laws, they are destroying their reserves and they will soon find themselves impoverished. Perhaps not on a material, physical level, but inwardly. Life is and continues to be the most important thing and those who are not intelligent, not enlightened, destroy the source of their capabilities, their joy and their inspiration. (NOVEMBER 29, 2000)

Doctors should understand that merely healing the sick is not sufficient. They should also put a few truths in their patients' heads at the same time. I ask a doctor this question: - 'You have made these people better, haven't you. But did they subsequently change their lifestyle? Are they not going to continue their ridiculous ways and become ill again?' - 'Well yes, unfortunately this is true.' - So it is clear that before agreeing to cure people, doctors should enlighten their patients in order to prevent them from falling prey to the same excesses and victim of the same imbalances. If I were a doctor I would simply refuse to look after people who did not first promise me to improve their lifestyle. Since I would not ask to be paid I would ask them at least to pay the Lord by improving themselves. And if they refused to make this promise I would send them elsewhere. Of course, if someone has just been rescued from the water or is suffocating, that is not the time to extract promises from them. They have to be saved. But I want doctors to understand it is not sufficient to cure people 'for the time being', they should also enlighten them so they may find permanent good health again. (DECEMBER 14, 2000)

Never lose sight of the truth that power is founded on unity, on harmony. Think of this family you must create, despite your differences in character, degree of evolution, race, religion, social class, occupation and so on. Set all these details aside, because they are only of secondary importance and they do not play any part in spiritual life. Strengthen in your hearts the belief that despite everything that could separate you, you are brothers and sisters who come together to share the same work of prayer, meditation and song, with the aim of awakening every consciousness all over the world. From that moment on you represent a positive strength, a beneficial power. (DECEMBER 16, 2000)

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A true spiritualist dedicates his life to Heaven saying, 'From now on I will work for the Kingdom of God. I will abandon all these futile occupations, all these passing pleasures that bring me nothing.' By doing this, he releases within himself spiritual energies that were paralyzed and enslaved by ordinary, everyday habits and he can at last bear fruit.

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Look at a tree: When it is invaded by insects and caterpillars, it cannot bear fruit and we must rid it of its parasites with insecticides. In the same way, someone who gives in to laziness and the basest pleasures attracts parasites, dark entities of the astral world that come to nourish themselves through him. They invade his body, will, heart and intellect, they suck up the sap that should nourish his higher self. Yes, this is true: Human beings shelter within themselves other beings that drain them of all their energy. To get rid of these parasites, they must dedicate their whole being, all their activities to Heaven and it is then that they will bear only succulent fruits. (DECEMBER 17, 2001)

Many Christians abandon religion because they think scientific discoveries contradict or dispel the truths of faith. Well, this proves they have understand nothing, neither about science nor about religion because, quite to the contrary, the discoveries made by science actually emphasize the truths of faith, which are the truths of initiatic science. In reality there is no conflict between science and religion. They walk together and moreover art walks with them. The three are linked. Science is there to give human beings light, religion to give them warmth and art to give them activity. And because in human beings they are held together, they should neither be separated nor should preference be given to one at the detriment of the other. If God has given human beings an intellect, a heart and a will it is so that they may work together; so that the intellect may do its work in the field of science, the heart in the realm of religion and the will in the realm of creation, of art. (DECEMBER 19, 2000)

It is not so much on the physical plane that we must try to sort things out, for the physical plane is the world of consequences, over which we have very little power. In order to bring about lasting change, we must rise, through thought, to the world of causes, for it is only there that we have all the means to contact and trigger beneficial forces that will sooner or later produce some results. But most people do not know this. They content themselves with intervening on the physical plane. And then they are surprised to see that the changes brought about do not last; events or other people come and arrange things their own way without consulting them. And so, they end by never being in control of the situation.

The same law applies to an individual. If you want, for example, to change your bad habits, do not tackle them directly. Try to rise through thought, to the causal plane, for it is up there, by uniting with the world of wisdom, love and truth, that you will be able to release powers, which will have repercussions on your behaviour on the physical plane. (DECEMBER 20, 2001)

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APPENDIX: BOOKS

*Publisher Love(+)
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(all Adobe-Files)

(available cost-free under www.Encyclopedia-InitiaticScience.info)

THOUGHTS OF ETERNAL WISDOM

- A correct understanding of Good and Evil
- A new Attitude for everyday Life
- A new Light on Prayer
- A new Understanding of Health
- A Servant of God
- Angels & the Tree of Life
- Becoming a Spiritual Disciple
- Being Member of a Family ... *and its different Connections with the world*
- Christ, Christians & Christianity
- Education – *Guidelines for Parents*
- Explanations on Heredity
- Guidelines for Spiritual Work
- How to deal with Loneliness
- How to master Habits
- How to surpass Karma & Predestination
- How to work for Peace in the World
- How to work with Talismans
- Interpretations of the Gospel
- Life and Death
- Living a Successful Life
- Magic in everyday life
- Master & Discipleship
- Meditation as the Gateway to harmonious living
- Means to bring 'Heaven on Earth'; *Prenatal Education & Spiritual Electroplating*
- Music and Creation
- Nutrition for a successful life
- Only Beauty can save the World
- Proper knowledge of Human and Divine Justice
- Purity as the Key to Self-Realisation
- Real Freedom
- Reflections on Birth
- Suicide – Reasons & Consequences
- The Cosmic meaning of Marriage
- The different aspects of 'Clairvoyance & Intuition'
- The hidden capacities of human beings which should still be developed
- The Importance of having an High Ideal
- The Kingdom of God & His Righteousness
- The Laws which govern the Universe
- The Power of Thought
- The Quintessence of Christianity
- The Reasons behind Suffering
- The Relationship between Colours & the Aura
- The right Attitude towards Money
- The Sublime Origin and Goal of Sexuality and the Sexual Force
- The Sun & the Sunrise-Meditation; *working with the Divine Image*
- The true Task of Art
- The Universal Brotherhood of Light
- The Two Principles – Masculine and Feminine
- Traditions, the Gospels & the Holy Scriptures
- True Happiness
- True Love
- Why we should accept Reincarnation
- Working with Light

(F) = also in French available; (D) = also in German available

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EDITION PROSVETA

OMRAAM MIKHAËL AÏVANHOV

(AVAILABLE IN EVERY GOOD BOOKSHOP)

- COMPLETE WORKS -

THE SECOND BIRTH

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1. The Second Birth
2. 'Ask, and it Shall be Given to You. Seek, and You Shall Find. Knock, and it Shall be Opened to You.'
3. Truth is Hidden in the Eyes
4. Wisdom is Hidden in the Ears
5. Love is Hidden in the Mouth
6. Love, Wisdom and Truth
7. The Master of the Universal White Brotherhood - Peter Deunov
8. The Living Chain of the Universal White Brotherhood.

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Summary

To be born a second time is to be born to a new life, the life of the Kingdom of God, the life of the great Universal White Brotherhood.

Two thousand years ago, in Palestine, Jesus gave us the key to all spiritual work, when he said, Unless a man be born of water and the Spirit, he cannot enter into the Kingdom of God. Today, the Master Omaam Mikhaël Aïvanhov interprets these words for our benefit. The water Jesus speaks of is Love; the Spirit, fire, is Wisdom, and Love and Wisdom unite to give birth to Truth which is the new life. In his commentary, the Master Omraam Mikhaël Aïvanhov shows how these three virtues of Love, Wisdom and Truth, correspond to man's psychic structure composed of heart, mind and will. Explaining that our physical bodies mirror our psychic being, he shows how Cosmic Intelligence has inscribed the secret of love in our mouths, that of wisdom in our ears and that of truth in our eyes.

This volume, which is the first of a series, sets out the essential foundations of Omraam Mikhaël Aïvanhov's Teaching and reveals the vast scope of his thought in which Holy Scripture, esoteric symbolism and the sciences of man and of nature meet and complete each other in one all-embracing synthesis.

SPIRITUAL ALCHEMY

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| 2. 'Except Ye Die Ye Shall Not Live' | 8. The Parable of the Tares |
| 3. Living in Conscious Reciprocity with Nature | 9. Spiritual Alchemy |
| 4. The Unjust Steward | 10. Spiritual Galvanoplasty |
| 5. Lay Up for Yourselves Treasures | 11. The Mother's Role During Gestation |
| 6. The Miracle of the Loaves and Fishes | |

Summary

True Alchemy does not consist in the spectacular transmutation of base metals into gold, but in the spiritual transmutation of man's own matter. Grains of sand are transformed into pearls; summer sees twisted, blackened vine-stocks burst into leaf and bow beneath the weight of their grapes; caterpillars are metamorphosed into butterflies; galvanoplasty transforms a drab piece of base metal into a golden ornament... All these different ways of transforming things are familiar to us but we have never studied them sufficiently closely to realize that they contain the secret of our own inner metamorphosis. If a tree, for instance, is capable of transforming the raw mineral nutrients it draws from the soil into the sugarsap which enables it to produce flowers and fruits, why should man not do likewise ? Why should we not be capable of transforming the raw juices of our instincts and passions so that they produce a rich harvest of flowers and fruit, in the form of vitality in our physical bodies, love and joy in our hearts and understanding and wisdom in our minds ?

LIFE FORCE

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| 5. Presence and Absence | 11. Peace. |
| 6. Thoughts are Living Entities | |

Summary

Human beings come and go, work and play, and busy themselves with all kinds of things, never realizing that their life is growing dim and dirty because they do nothing to protect it. They think that the life they have received is theirs to dispose of, and that they have a right to use it for pleasure or become rich, learned or renowned, as they please. So they draw on their reserves without restraint until, one day, they find themselves utterly spent and obliged to abandon all their activities. It is completely senseless to behave like that for, once we have wasted our supply of life, we have no other resources to fall back on.

The Sages have always said that the only thing that is essential is life itself, and that we must protect, purify and sanctify it and eliminate whatever may hinder or prevent it from developing. And, if we do so, life will give us everything else: health, strength, power, intelligence and beauty - everything ! The highest form of magic, the highest form of White Magic is to lead a pure, luminous life."

HARMONY

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| 6. How Thought is Materialized on the Physical Plane | 12. The Aura. |

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Summary

'Meditate on harmony, love it, long for it so as to introduce it into your every gesture, every look, every word. Let the word "harmony" impregnate you; keep it within you as a kind of pitch pipe, and when you are feeling worried or upset, take it out and listen to it and do nothing until your whole being is in tune with it once more. In the morning, when you wake, remember to begin your day by tuning yourself to the world of universal harmony... When you enter a house let your first thought be: "May peace and harmony reign in this house".

THE MYSTERIES OF YESOD The bases of spiritual life

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The Gates of the New Jerusalem
Part II. Love and Sex
Part III. Realization - The Spring
Fasting - Washing - The Real Baptism
The Angels of the Four Elements.

Summary

Yesod, the ninth Sephirah on the cabbalistic Tree of Life, is the symbol of a pure life. Taking purity as the basis of his spiritual teaching (Yesod means 'base' in Hebrew), Omraam Mikhaël Aïvanhiov renews in our times the sense and significance of the ancient Initiations enriched by his own innumerable discoveries. He has personally practised and experimented at length with the rules and exercises he proposes for our use ; their purpose is to liberate man and awaken in every fibre of his being the vital, harmonious forces of Divine life.

THE SPLENDOUR OF TIPHARETH

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19. The Sun Teaches Unity - The Power of Penetration
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21. Three Kinds of Fire
22. Making Everything Converge Towards One Goal.

Summary

When we focus our attention on the sun, the centre of our universe, we draw closer to our own centre, our higher self, the sun within; we melt into it and begin to resemble it more and more.

But to focus our attention on the sun also means to learn to mobilize all our, thoughts, desires, and energies, and put them to work in the service of the highest ideal. He who works to unify the chaotic multitude of inner forces that constantly threaten to tear him apart, and launch them in the pursuit of one, luminous, beneficial goal, becomes a powerful focal point, capable of radiating in every direction. Believe me, a human being who masters the tendencies of his lower nature can benefit the whole of mankind. He becomes as radiant as the sun. His freedom is such that his consciousness embraces the whole human race as he pours out the superabundance of light and love that dwell within him.

The world needs more and more human beings capable of dedicating themselves to this work with the sun, for only love and light are capable of transforming humanity.

THE KEY to the Problems of Existence

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3. Giving and Taking
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16. The Personality Devoured by The Individuality
17. Call On Your Allies
18. The Further Down, The Less Space
19. Your Inner Animals
20. But Which Nature ?
21. Sexual Sublimation
22. Toward Universal Brotherhood.

Summary

This book shows us that our 'personality', that inner force of which we are all aware and which so often leads us astray, can be a precious ally rather than an enemy. Instead of waging a losing battle against our lower nature, we can learn to control and use it to elevate ourselves. In doing so we gradually discover the existence of a higher psychic power within us, our 'individuality', which is above all contingencies and conflicts and is capable of using them to create inner harmony and true fraternal bonds.

COSMIC MORAL LAWS

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5. The Law of Affinity : Peace
6. The Law of Affinity : True Religion
7. The Laws of Nature and Moral Law
8. Reincarnation
9. Don't Stop Half-Way
10. Know How to Use Your Energies
11. How to Distil the Quintessence
12. The Moral Law Exemplified in a Spring
13. Why Look for Models in the World Above
14. Man Creates in the Invisible World by Means of his Thoughts and Feelings
15. We must not Sever the Link Between the World Below and the World Above
16. If You Are Light You Will Seek the Company of Light
17. Duplicates - New Recordings
18. Morality Comes into its Own in the World Above
19. Example ist the Best Teacher
20. Turn the Other Cheek.

Summary

True morality is everywhere manifest in Nature, the extension of the natural laws that govern our psychic life. When human beings break these laws they pay by suffering or illness. The reader will no doubt be surprised to learn that true morality is not a limitation; on the contrary it confers tremendous freedom and increases our power of action. If we obeyed these laws both in our own lives and in our dealings with others, the result would be the ideal society.

A NEW EARTH Methods, exercises, formulas, prayers

Table of contents

1. Prayers
2. A Daily Programme
3. Nutrition
4. Actions
5. Overcoming the Evil Within
6. Methods of Purification
7. Human Relations
8. Man's Relations with Nature
9. The Sun and the Stars
10. Mental Work
11. Spiritual Galvanoplasty
12. The Solar Plexus
13. The Hara Centre
14. Methods for Working with Light
15. The Aura
16. The Body of Glory
17. Formulas and Prayers.

Summary

A great many people today feel the need for some practical methods that will help them to grow spiritually. A New Earth responds to that need. It contains a number of simple, effective, spiritual exercises taken from the thousands of lectures given by the Master Omraam Mikhaël Aïvanhov over a period of nearly fifty years. Some concern our everyday life: nutrition, breathing, hygiene, purification, and our relationships with nature and other human beings. Others touch on questions that are more directly spiritual: meditation and prayer, the development of our psychic centres, or chakras, the aura, the body of glory, and so on. All these methods grow out of that immense body of knowledge known as initiatic science, the principal goal of which is the advent of the 'new heaven and the new earth' announced in scripture.

LOVE AND SEXUALITY

Table of contents

1. The Masculine and Feminine Principles
The Love of God, the Love of Others, Self Love
2. Taking the Bull by the Horns - The Caduceus of Mercury

BOOK 55: WHAT IS TRUTH AND HOW WE DEAL WITH IT

3. The Serpent -Isis Unveiled
4. The Power of the Dragon
5. Spirit and Matter - The Sexual Organs
6. Manifestations of the Masculine and Feminine Principles
7. Jealousy
8. The Twelve Doors of Man
9. From Yesod to Kether : The Path of Sexual Sublimation
10. The Spiritual Screen
11. Nourishment and Love
12. Woman's Role in the New Culture
13. The Initiatic Meaning of Nudity
14. Exchanges and Relationships
15. Wealth and Poverty

Summary

This book could change your life. It provides the key to your evolution as a human being, as a child of God. This book explains that by simply gratifying your sensual nature, you feed only your lower self - which is limited in consciousness and which can never bring true joy or fulfillment. It shows the sacred purpose of the creative force within, and tells you how to make it become a dynamic source of life and energy which nourishes your higher self, bringing joy, rapture and self-perfection. This new way of living will create a Golden Age in which all humanity will exist as one-using its love to create a world of unparalleled splendour and beauty.

LOVE AND SEXUALITY

Table of contents

1. A Question of Attitude
2. True Marriage
3. The Sun is the Source of Love
4. The Goal of Love is Light
5. The Manifestations of the Masculine and Feminine Principles
6. Master or Mistress ?
7. Vestal Virgins ; the New Eve
8. Materialism, Idealism and Sexuality - 'On Earth as in Heaven'
9. Heart and Mind ; the Universal White Brotherhood
10. Seek the Soul and the Spirit
11. Restoring Love to its Pristine Purity
12. Love Transforms Matter
13. Love and Identification
14. The Task of a Disciple

Summary

There are several possible attitudes towards love. You can eat it, you can drink it, and you can breathe it, but you can also live in it. Those who eat love remain on the physical plane and are never fully satisfied because they are content with pleasures of a lower order. The pleasures of those who drink love are less crude, but they are still confined to the delights and satisfactions of the astral plane. The philosophers, writers and artists who have managed to reach the mental plane are those who breathe love; love is the constant source of their inspiration. Only those who live in love, in the subtle, etheric dimension of love, truly possess it. For them it is light in the mind and warmth in the heart and they can pour out that light and warmth on those around them. Those who live in this love possess all fulness."

KNOW THYSELF: JNANA YOGA

Table of contents

1. 'Know Thyself'
2. The Synoptic Table
3. Spirit and Matter
4. The Soul
5. Sacrifice

Summary

Know thyself was the maxim inscribed on the pediment of the temple at Delphi. What is this 'self' that we have to know? Is it a question of knowing our own vices and virtues, our strengths and weaknesses? No: to know oneself is to know the different bodies (the physical, etheric, mental, causal, buddhic and atmic bodies) of which we are formed and what each of these bodies needs. If the initiates of old insisted so much on the necessity of self-knowledge it was

16. To Love is the Work of the Disciple
17. Love in the Universe
18. A Wider Concept of Marriage I
19. The Twin-Soul
20. Everything Depends on Your Point of View
21. A Wider Concept of Marriage II and III
22. Analysis and Synthesis
23. Like the Sun, Love Brings Order to Life
24. Mother Love
25. The Meaning of Renunciation
26. The Bonds of Love
27. Youth and the Problem of Love - The New Currents
- Marriage - Why Self-Control - The Need for a Guide
- Give Your Love to God First.

15. Open Yourself to Others and They Will Love You
16. Tantra-Yoga
17. Emptiness and Fullness : the Holy Grail
18. Love is Everywhere
19. Look for Love at its Source
20. Know How to Use Your Powers of Love
21. A Broader Concept of Marriage, Part IV
22. It Rises from Earth and Descends from Heaven
23. The Secret of Happiness is in an Expanded Consciousness
24. 'Whatever you Bind on Earth'
25. Love God so as to Love Your Neighbour Better
26. Live Lovingly
27. Our Only Weapons: Love and Light
28. Never Stop Loving
29. Towards a Broader Concept of the Family.

6. Food for the Soul and the Spirit
7. Consciousness
8. The Higher Self
9. Truth
10. Freedom.

BOOK 55: WHAT IS TRUTH AND HOW WE DEAL WITH IT

because this knowledge opens up tremendous possibilities for growth, progress and success. As long as man is ignorant of the needs of his higher self, he will continue to surfeit his physical body while his soul and spirit suffocate and die of hunger and thirst."

KNOW THYSELF: JNANA YOGA

Table of contents

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|--|-----------------------|
| 1. Beauty | 7. Prayer |
| 2. Spiritual Work | 8. Love |
| 3. The Power of Thought | 9. The Will |
| 4. Knowledge: Heart and Mind | 10. Art and Music |
| 5. The Causal Plane | 11. Physical Gestures |
| 6. Concentration, Meditation, Contemplation and Identification | 12. Respiration. |

Summary

Know thyself! All science and all wisdom lies in knowing oneself, in finding oneself, in the fusion of one's lower self with one's higher self. The symbol of the initiate who has succeeded in finding himself is the serpent with its tail in its mouth. A serpent forms a straight or wavy line, and a line is limited. But the serpent with its tail in its mouth forms a circle and a circle represents the infinite, the limitless, the eternal. He who succeeds in becoming a circle enters a world without limitations where the 'above' and the 'below' are no longer separated, because all the powers and all the riches and virtues of the true, higher self have been infused into the lower self. The higher and the lower become one and man becomes a divinity.

A NEW DAWN: Society and Politics in the Light of Initiatic Science (I)

Table of contents

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|--------------------------------------|--|
| 1. The Age of Aquarius | 5. True Economics |
| 2. The Dawn of Universal Brotherhood | 6. Wealth |
| 3. Youth and Revolution | 7. Aristocracy and Democracy |
| 4. Communism and Capitalism | 8. Politics in the Light of Initiatic Science. |

Summary

Man was built by Cosmic Intelligence in such a way that he can fulfil himself and attain his full stature only by maintaining ties with a higher world from which he receives light and strength. When human beings rely exclusively on their own limited intellect they deprive themselves of true understanding, and it is this lack that is the cause of all their disastrous mistakes. When men are motivated only by a lust for material possessions and power and act in total disregard for the plans of Cosmic Intelligence, they stir up layers of the physical and psychic atmosphere and arouse formidable forces whose fury is turned against them. The Age of Aquarius will soon be upon us and the tremendous upheavals accompanying it will oblige human beings to understand the reality of the invisible world and the laws that govern it. But the beauty, splendour and harmony of the new life that will emerge from these upheavals will be beyond anything imagined by man. All those who have been secretly working for the coming of the Kingdom of God throughout the world will join forces and work together, and the bastions of ignorance, materialism and despotism will crumble and collapse. This I tell you. And it will be: nothing can prevent the coming of the new era, the new Golden Age."

NEW DAWN: Society and Politics in the Light of Initiatic Science (II)

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|----------------------------|---|
| 1. Forms and Principles | 4. The Cosmic Body |
| 2. The Religion of Christ | 5. The Kingdom of God and His Righteousness |
| 3. The Idea of a Pan-World | 6. The New Jerusalem. |

Summary

Man as conceived by Cosmic Intelligence is such that if he is to be fulfilled, he must connect himself with the light and power of the Higher World. If not, if he puts all his trust in his own limited faculties, he will be unable to see ahead and in his blindness he will make drastic errors in all domains. If he puts his faith in technology, trade and material development, sooner or later he will fail, for if his action is based on the desire to control the world regardless of the plan and purpose of Cosmic Intelligence it will stir up the psychic and physical layers of the atmosphere, and hostile forces will turn against him in their fury. The Age of Aquarius is now coming in and it will cause great upheavals and cataclysms all over the world, after which those who survive will have a better understanding of the Laws. The splendour and harmonious beauty of the new life that is in store for mankind surpasses the imagination. People who have been secretly working for the Kingdom of God will find each other and combine their new-found extraordinary powers to bring down the fortresses of ignorance, materialism and despotism. I tell you this now, and it will be as I say, for nothing can prevent the coming of the new era, the Golden Age.

ON THE ART OF TEACHING from the Initiatic Point of View (III)

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BOOK 55: WHAT IS TRUTH AND HOW WE DEAL WITH IT

1. Spiritual Work
2. On Responsibility
3. On Building the New Life
4. On the Living Knowledge

5. On Perfection
6. On the Reality of the Invisible World
7. On Participation in the Work of the Universal White Brotherhood.

SUMMARY

Parents and teachers have every material means at their disposal for the proper education of children, but they still lack the means of regenerating humanity. This is what the Teaching of the Universal White Brotherhood brings us: the means parents need to bring healthy, gifted children into the world, the means educators need to turn them into men and women ready to work for the good of society. But these methods can only be applied by adults who have already changed their patterns of behaviour in such a way as to be living examples for their young charges.

LIFE AND WORK IN AN INITIATIC SCHOOL

Table of contents

1. The International Day of the Sun
2. The Bonfin
3. Training for the Divine
4. Hrani-Yoga and Surya-Yoga

5. The Spirit of the Teaching
6. Matter and Light
7. Purity and Light
8. The Meaning of Initiation.

Summary

We are here between the four walls of this room at the Bonfin, but we are also in the town of Fréjus. Fréjus is in the Var; the Var is in France; France is in Europe, and Europe is one of the continents on earth. The earth belongs to the family of planets in the solar system; the solar system belongs to a galaxy, and that galaxy is a tiny part of the whole cosmos. Yes, the prodigious truth is that we are here in this room and, at the same time, in the cosmos. What conclusion - if any - can we draw from this? The conclusion that, as cosmic beings, we must not eternally confine ourselves to our own petty interests. We must open our eyes and remind ourselves that we have cosmic work to do. What is the use of belonging to the Universal White Brotherhood if we do not work for broader, more far-reaching goals? For the welfare of the whole world? Henceforth, try to change your mental habits, to adopt a broader point of view; try to become more aware of being part of the cosmos, of being linked to the whole universe; try to see that this means that the things you do as well as the way you do them must change."

THE FRUITS OF THE TREE OF LIFE THE CABBALISTIC TRADITION

Table of contents

1. How to Approach the Study of the Cabbalah
2. The Number Ten and the Ten Sephiroth
3. Structure and Symbols of the Tree of Life
4. The Tetragrammaton and the Seventy-Two Planetary Spirits
5. The Creation of the World and the Theory of Emanation
6. The Fall and Redemption of Man
7. The Four Elements
8. Evening Vigils Round the Fire
- I. The Power of Fire
- II. Fire and the Sun
- III. The Fire of Sacrifice
9. Water and Fire
10. A Bowl of Water
11. The Living Logos
- I. The Alphabet and the Twenty-Two Elements of the

- Logos
- II. The Universal Language of the Logos
- III. The Power of the Logos
12. The Esoteric Church of Saint John
- 13 Binah, the Realm of Stability
14. The Human Spirit is Above Fate
15. Death and the Life Beyond
16. Human and Cosmic Respiration
17. The Cardinal Feasts
18. The Moon and its Influence on Man
19. The Glorified Souls
20. The Land of the Living
21. A Magic Wand
22. Nature Spirits
23. Objects are Receptacles of Life
24. The Holy Grail
25. Building the Inner Sanctuary.

Summary

The Sephiroic Tree, the Tree of Life of the Cabbalah, is an image of the universe, inhabited by God and impregnated with His quintessence. It represents the divine life which circulates throughout the whole of creation. Here is a system which prevents you from becoming dispersed in your spiritual activities. If you work for years on this Tree, if you study it, if you taste its fruit, you will create stability within yourself and harmony in the cosmos."

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BOOK 55: WHAT IS TRUTH AND HOW WE DEAL WITH IT

P0201AN : Toward a Solar Civilization

Table of contents

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| 1. The Sun, Initiator of Civilization | 6. Man is Made in the Image of the Sun |
| 2. Surya Yoga | 7. The Spirits of the Seven Lights |
| 3. Seeking the Centre | 8. The Sun as our Model |
| 4. The Sun our Provider | 9. The True Solar Religion. |
| 5. The Solar Plexus | |

Summary

Although we may know about heliocentricity from the point of view of astronomy, we are still far from having exhausted all its possibilities in the biological, psychological, cultural and spiritual spheres. The sun exists within each one of us and, if allowed to, can manifest its presence by awakening our consciousness to a global view of human problems.

P0202AN : Man, Master of his Destiny

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| 1. The Law of Cause and Effect | 5. The Law of Correspondences |
| 2. You will Separate the Subtle from the Gross | 6. Natural and Moral Law |
| 3. Evolution and Creation | 7. Nature's Records |
| 4. Two Justices: Human and Divine | 8. Reincarnation |

Summary

Why is one born in a particular country and a particular family? Why is one healthy, rich, illustrious and powerful, or on the contrary poor, handicapped and miserable? Even those who think they are entirely free must put up with their fate because of their ignorance of the laws which govern the invisible world. The reply to these questions not only helps the disciple to unravel the tangled threads of his life, it also gives him the tools he must have in order to become master of his own destiny.

P0203AN : Education Begins Before Birth

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| 1. The First Priority: Educating Parents | 7. Never Let Your Children be Idle |
| 2. Education Begins before Birth | 8. Prepare Your Children for Adult Life |
| 3. A Blueprint for the Future of Mankind | 9. Protect Your Children's Sense of Wonder |
| 4. Don't Neglect Your Children | 10. Love without Weakness |
| 5. A New Understanding of a Mother's Love | 11. Education versus Instruction |
| 6. The Magic Word | |

Summary

Is it possible for education to begin before birth? Yes. Because true education is primarily subconscious. A child is not a little animal which you can start training as soon as it is old enough. A mother can have a beneficial influence on her child in the womb through the harmony of her thoughts, acts and feelings. And this pre-natal influence must be faithfully continued once the baby is born, for, as all parents should realize, a tiny baby is highly sensitive to its environment. Ultimately, it is by example that parents and pedagogues should accomplish their educational mission

P0204AN : The Yoga of Nutrition

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| 1. Eating: An Act which Concerns the Whole Man | 7. Fasting: I – Means of Purification. II - Another Form of Nutrition |
| 2. Hrani-Yoga | 8. Communion |
| 3. Food: A Love-Letter from God | 9. The Meaning of the Blessing |
| 4. Choosing Your Food | 10. The Spirit Transforms Matter |
| 5. Vegetarianism | 11. The Law of Symbiosis. |
| 6. The Ethics of Eating | |

Summary

This is not a dietary book. Omraam Mikhaël Aïvanhov teaches that our attitude towards our food and the way we eat is far more important than what, or how much we eat. He replaces our ordinary ideas of everyday eating with the true mystical significance of nutrition. In this way we can learn to extract from our physical food all the subtle elements necessary for true health and fulfilment.

P0205AN : Sexual Force or the Winged Dragon

Table of contents

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| 1. The Winged Dragon | 4. Pleasure: / II - Replace Pleasure with Work |
| 2. Love and Sexuality | 5. The Dangers of Tantric Yoga |
| 3. The Sexual Force is Essential for Life on Earth | 6. Love without Waiting to be Loved |
| 4. Pleasure: / I - Do not Seek Pleasure for it Will Impoverish You | 7. Love is Everywhere in the Universe |
| | 8. Spiritual Love is a Higher Way of Feeding |

BOOK 55: WHAT IS TRUTH AND HOW WE DEAL WITH IT

Ourselves

9. A High Ideal Transforms Sexual Energy

Summary

The dragon is not pure fiction: it is the symbol of our instinctive, primitive forces and is common to all mythologies as well as to early Christian iconography. The great challenge of the spiritual life is to conquer, tame and use those forces to reach the highest summits of the spirit.

P0206AN : A Philosophy of Universality

Table of contents

1. What is a Sect?

2. No Church is Eternal

3. The Spirit Behind the Form

4. The Advent of the Church of St. John

5. The Foundations of a Universal Religion

Summary

It is not enough to create associations dedicated to universality. As long as each one of the members has not devoted his or her life to universality, these organizations are powerless. Universal consciousness is the fruit of patient learning and practice, for which Omraam Mikhaël Aïvanhov gives us the basic elements in this book

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P0207AN : What is a Spiritual Master ?

Table of contents

1. How to Recognize a True Spiritual Master

2. The Necessity for a Spiritual Master

3. The Sorcerer's Apprentice

4. The Exotic Should not be Confused with Spirituality

5. Learn How to Balance the Material and Spiritual

Worlds

6. A Master is a Mirror Reflecting the Truth

Summary

It is not enough to create associations dedicated to universality. As long as each one of the members has not devoted his or her life to universality, these organizations are powerless. Universal consciousness is the fruit of patient learning and practice, for which Omraam Mikhaël Aïvanhov gives us the basic elements in this book

P0208AN : The Egregor of the Dove or the Reign of Peace

Table of contents

1. Towards a Better Understanding of Peace

2. The Advantages of Unity amongst Nations

3. Aristocracy and Democracy

4. About Money

5. The Distribution of Wealth

Summary

Everyone agrees that peace is essential. And yet they continually feed the fires of conflict within their own hearts and in society, in politics and economics. As long as we do not master our own disordered thoughts and feelings, we cannot hope to create durable peace around us. When peace reigns within us then, and then only, can we truly contribute to peace in the world.

P0209AN : Christmas and Easter in the Initiatic Tradition

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1. The Feast of the Nativity

2. The Second Birth

10. Open Your Love to a Higher Path

6. The Great Universal White Brotherhood

7. For a Universal Notion of the Family

8. Brotherhood, a Higher State of Consciousness

9. The Annual Conventions at the Bonfin

10. The Universal Dimension of All Our Activities

6. The Great Universal White Brotherhood

7. For a Universal Notion of the Family

8. Brotherhood, a Higher State of Consciousness

9. The Annual Conventions at the Bonfin

10. The Universal Dimension of All Our Activities

7. A Master is There Only to Give Light

8. The Disciple and His Master

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10. The Magical Presence of a Master

11. Identification

12. 'Except Ye Become as Little Children...'

6. Communism and Capitalism

7. Towards a New Understanding of Economics

8. What Every Politician Should Know

9. The Kingdom of God

3. Birth on the Different Planes of Being

4. 'Except Ye Die Ye Shall not Live'

BOOK 55: WHAT IS TRUTH AND HOW WE DEAL WITH IT

5. The Resurrection and the Last Judgment

Summary

The fact that the Feasts of Christmas and Easter coincide with the winter solstice and the spring equinox is evidence of their cosmic significance. So we learn that the human being, who is part of the universe, participates intimately in the natural process of gestation and blossoming. These two feasts are two different ways of celebrating the regeneration of men and women and their birth into the spiritual world.

P0210AN : The Tree of the Knowledge of Good and Evil

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| 1. The Serpent of Genesis | 6. Into the Wilderness to Be Tempted |
| 2. What Good is Evil? | 7. The Undesirables |
| 3. Beyond Good and Evil | 8. Suicide is not the Answer |
| 4. Until the Harvest | 9. The Real Weapons |
| 5. The Philosophy of Unity | 10. The Science of the Initiates, or the Inner Lamps |

Summary

The solution of the question of evil lies in knowing the methods of how to work with it and to use its power. What-ever its origin, evil is an inner and outer reality which con-fronts us daily and which we have to learn to deal with. To attack it head-on is not only useless but dangerous: the odds are too heavily against us. So we have to learn the methods to use in order to gain the upper hand and transform evil into good.

P0211AN : Freedom, the Spirit Triumphant

Table of contents

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| 1. Man's Psychic Structure | 6. True Freedom: a Consecration of Self |
| 2. Mind over Matter | 7. Freedom through Self-Limitation |
| 3. Fate and Freedom | 8. Anarchy and Freedom |
| 4. Freedom through Death | 9. The Notion of Hierarchy |
| 5. Sharing in the Freedom of God | 10. The Synarchy With |

Summary

Freedom has become such an important political stake that we have lost sight of its true significance. It is this significance, the relationship between spirit and matter, that the Master Omraam Mikhaël Aïvanhov attempts to restore. 'Enter into the realm of the spirit which creates, models and fashions and in so doing you will gradually loosen the hold that the exterior world has on you; you will be free!

P0212AN : Light is a Living Spirit

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| 1. Light : Essence of Creation | 6. The Prism : a Symbol of Man |
| 2. The Sun's Rays, their Nature and Activity | 7. Purity Clears the Way for Light |
| 3. Gold is Condensed Sunlight | 8. Living with the Intensity of Light |
| 4. Light Enables us to See and be Seen | 9. The Spiritual Laser. |
| 5. Working with Light | |

Summary

Light is held by tradition to be the living substance of the universe from which God created the world. Recently, thanks to the development of the laser, light has become a formidable instrument for the exploration and transformation of matter. Light offers us an infinite range of possibilities both on the material and the spiritual planes. Here Omraam Mikhaël Aïvanhov invites us to explore the spiritual potential of light, to understand above all that it is the only truly effective means available with which to transform ourselves and the world around us.

P0213AN : Man's Two Natures, Human and Divine

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| 1. Human Nature or Animal Nature? | 7. Perfection Comes with the Higher Self |
| 2. The Lower Self is a Reflection | 8. The Silent Voice of the Higher Self |
| 3. Man's True Identity | 9. Only by Serving the Divine Nature |
| 4. Methods of Escape | 10. Address the Higher Self in Others |
| 5. The Sun Symbolizes the Divine Nature | 11. Man's Return to God, the Victory |
| 6. Put the Personality to Work | |

Summary

Man is that ambiguous creature placed by evolution on the borderline between the animal kingdom and the Kingdom of God. His nature is twofold and if he is to continue to evolve it is important that he become aware of his inherent ambivalence. If the Scriptures declare, 'Ye are gods', it is in order to remind men that hidden deep within them lies that sublime essence that they have to learn to manifest. Omraam Mikhaël Aïvanhov gives us the methods we need to manifest ourselves as the gods we really are... and of which we are still unaware.

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P0214AN : Hope for the World : Spiritual Galvanoplasty

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1. What is Spiritual Galvanoplasty?
2. Reflections of the Two Principles
3. Marriages Made in Heaven
4. Love Freely Given
5. Love on the Lower Plane
6. Love on the Higher Plane
7. Love's Goal is Light
8. The Solar Nature of Sexual Energy
9. Mankind Transformed
10. The Original Experiment and the New One
11. Replenish the Earth!
12. Woman's place
13. The Cosmic Child

Summary

There are two fundamental principles in the universe which are reflected in every single manifestation of nature and of life: they are the masculine and feminine principles. The whole of creation is the result of the concerted work of these two principles which are replicas of the two creative principles of the cosmos: the Heavenly Father and the Divine Mother, of which men and women are also the reflection. The two principles must work in conjunction: alone, each one is barren. Spiritual galvanoplasty is an application in the spiritual life of this science of the two principles."

P0215AN : The True Meaning of Christ's Teaching

Table of contents

1. 'Our Father Which Art in Heaven'
2. 'My Father and I Are One'
3. 'Be Ye Perfect, Even as Your Father Who is in Heaven is Perfect'
4. 'Seek Ye First the Kingdom of God and His Justice'
5. 'On Earth as it is in Heaven'
6. 'He That Eateth My Flesh and Drinketh My Blood Hath Eternal Life'
7. 'Father, Forgive Them, For They Know Not What They Do'
8. 'Unto Him that Smiteth Thee on the One Cheek...'
9. 'Watch and Pray'.

Summary

The whole of Christ's teaching is summed up in the prayer he gave us: the Lord's Prayer. Omraam Mikhaël Aïvanhov demonstrates and explains this. Nature, in her own wonderful way, has condensed a tree's entire potential into one tiny seed. Jesus did the same. He took his whole Teaching, and condensed it into a prayer to his Father, in the hope that this seed would take root in our souls, be nurtured by them and grow into its full potential : the massive fruitful tree of Initiatic Science, the true Teaching of Christ.

P0216AN : The Living Book of Nature

Table of contents

1. The Living Book of Nature
2. Day and Night
3. Spring Water or Stagnant Water
4. Marriage, a Universal Symbol
5. Distilling the Quintessence
6. The Power of Fire
7. The Naked Truth
8. Building a House
9. Red and White
10. The River of Life
11. The New Jerusalem - Perfect Man. I - The Gates. II - The Foundations
12. Learning to Read and Write.

Summary

'In Initiatic Science, to read means to be able to decipher the subtle and hidden side of objects and creatures, to interpret the symbols and signs placed everywhere by Cosmic Intelligence in the great book of the universe. To write means to leave one's imprint on this great book, to act upon stones, plants, animals and men through the magic force of one's spirit.

P0217AN : New Light on the Gospels

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1. 'Men do not Put New Wine into Old Bottles'
2. 'Except Ye Become as Little Children'
3. The Unjust Stewart
4. 'Lay up for Yourselves Treasures in Heaven'
5. The Strait Gate
6. 'Let Him Which is on the Housetop not Come Down...'
7. The Calming of the Storm
8. The First Shall Be Last
9. The Parable of the Five Wise and the Five Foolish Virgins
10. 'This is Life Eternal, that they Might Know Thee the Only True God'.

Summary

Omraam Mikhaël Aïvanhov interprets all these familiar tales, whether real or symbolic, told by the Gospels. He strips them of their restrictive, purely anecdotal character, and reveals their underlying, psychological and spiritual realities. Suddenly it becomes clear that they are always relevant to our own inner lives, where the forces of materialism and spirituality confront and come to terms with each other.

P0218AN : The Symbolic Language of Geometrical Figures

BOOK 55: WHAT IS TRUTH AND HOW WE DEAL WITH IT

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| 1. Geometrical Symbolism | 5. The Pyramid |
| 2. The Circle | 6. The Cross |
| 3. The Triangle | 7. The Quadrature of the Circle |
| 4. The Pentagram | |

Summary

'Geometrical figures are, as it were, the framework or skeleton of reality but although they are reduced to the bare bones they are by no means dead, for they represent living realities in man and the universe. And this is why, in order to interpret them, we have to breathe the life of the spirit into them: they will mean nothing to us if we are content to study them only as they occur outside ourselves.

P0219AN : Man's Subtle Bodies and Centres

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| 1. Human Evolution and the Development of the Spiritual Organs | 5. Kundalini Force |
| 2. The Aura | 6. The Chakras: The Chakra System |
| 3. The Solar Plexus | I. - The Chakra System |
| 4. The Hara Centre | II. Ajna and Sahasrara. |

Summary

'However much we cultivate and refine our five senses they will always be severely limited in scope for they belong to the physical plane: they will never be capable of exploring any reality above or beyond the physical. In order to experience other, new sensations, we must call into play those other, subtler organs and centres which we all possess.

P0220AN : The Zodiac, Key to Man and to the Universe

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| 1. The Enclosure of the Zodiac | 7. The Leo-Aquarius Axis |
| 2. The Zodiac and the Forming of Man | 8. The Fire and Water Triangles |
| 3. The Planetary Cycle of Hours and Days | 9. The Philosophers' Stone : the Sun, the Moon and Mercury |
| 4. The Cross of Destiny | 10. The Twelve Tribes of Israel and the Twelve Labours of Hercules in Relation to the Zodiac. |
| 5. The Axes of Aries-Libra and Taurus-Scorpio | |
| 6. The Virgo-Pisces Axis | |

Summary

The constellations and planets are the hieroglyphs, the sacred letters which reveal, to those who know how to decipher them, how mankind and the world were created, how they evolve hand in hand and how their inner structure is identical. Every human being who becomes aware of his kinship with the universe begins to feel the need to cultivate his inner life in order to rediscover, within himself, that cosmic plenitude symbolized to perfection by the circle of the zodiac

P0221AN : True Alchemy or the Quest for Perfection

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| 1. Spiritual Alchemy | 7. Grafting |
| 2. The Human Tree | 8. The Use of Energy |
| 3. Character and Temperament | 9. Sacrifice, the Transmutation of Matter |
| 4. Our Heritage from the Animal Kingdom | 10. Vainglory and Divine Glory |
| 5. Fear | 11. Pride and Humility |
| 6. Stereotypes | 12. The Sublimation of Sexual Energy |

Summary

'Don't battle against your weaknesses and vices for it is they who will win: instead, learn to make them work for you. You find it perfectly normal to use natural, physical forces so why be astonished at the idea of using your own primitive forces! Once you know the rules of spiritual alchemy you will be able to transform and use the negative forces that exist in such abundance within you.

P0222AN : Man's Psychic Life : Elements and Structures

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| 1. Know Thyself | 8. From Intellect to Intelligence |
| 2. The Synoptic Table | 9. True Illumination |
| 3. Several Souls and Several Bodies | 10. The Causal Body |
| 4. Heart, Mind, Soul and Spirit | 11. Consciousness |
| 5. The Apprenticeship of the Will | 12. The Subconscious |
| 6. Body, Soul and Spirit | 13. The Higher Self. |
| 7. Outer Knowledge and Inner Knowledge | |

BOOK 55: WHAT IS TRUTH AND HOW WE DEAL WITH IT

Summary

'In order to give a clear idea of human anatomy one is obliged to have recourse to a series of different plates each of which illustrates one of the systems of the human body: the skeleton, the muscular system, the circulatory system, the nervous system, etc. Similarly, when an Initiate wants to study one or other aspect of man's psychic structure, he applies the same method as an anatomist: he uses different diagrams or outlines according to which aspect he is studying.'

P0223AN : Creation: Artistic and Spiritual

Table of contents

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| 1. Art, Science and Religion | 7. How to Listen to Music |
| 2. The Divine Sources of Inspiration | 8. The Magic Power of a Gesture |
| 3. The Work of the Imagination | 9. Beauty |
| 4. Prose and Poetry | 10. Idealization as a Means of Creation |
| 5. The Human Voice | 11. A Living Masterpiece |
| 6. Choral Singing | 12. Building the Temple |

Summary

The laws of true artistic creation are identical with the laws of spiritual creation. The creative work of an artist is exactly the same work of inner regeneration as that undertaken by one who is striving for spiritual perfection. Just as an artist uses paint and canvas, clay or bronze to create a work of art, so a spiritual person uses the raw materials of his or her own being in striving towards inner perfection.

P0224AN : The Powers of Thought

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| 1. The Reality of Spiritual Work | 8. Rules for Spiritual Work |
| 2. Thinking the Future | 9. Thoughts as Weapons |
| 3. Psychic Pollution | 10. The Power of Concentration |
| 4. Thoughts are Living Beings | 11. Meditation |
| 5. How Thought Produces Material Results | 12. Creative Prayer |
| 6. Striking a Balance between Matter and Spirit | 13. Reaching for the Unattainable. |
| 7. The Strength of the Spirit | |

Summary

'Every one of our thoughts is pregnant with the power of the spirit which brought it into being, that power is constantly at work. Knowing this, each one of you has the possibility of becoming a benefactor of mankind; by projecting your thoughts into the farthest reaches of space, you can send out messages of light to help, comfort, enlighten and heal others. He who undertakes this work knowingly and deliberately, gradually penetrates into the mysterious arcana of divine creation.'

P0225AN : Harmony and Health

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| 1. Life Comes First | I. The Effects of Respiration on Health |
| 2. The World of Harmony | II. How to Melt into the Harmony of the Cosmos |
| 3. Harmony and Health | 7. Nutrition on the Different Planes |
| 4. The Spiritual Foundations of Medicine | 8. How to Become Tireless |
| 5. Respiration and Nutrition | 9. Cultivate an Attitude of Contentment. |
| 6. Respiration: | |

Summary

'If you are ill, it's because you harbour disorder within yourself: you have nourished certain thoughts, feelings and attitudes that have finally affected your health. The best weapon against illness is harmony. Night and day think about synchronizing yourself with the whole of life - limitless life, cosmic life.'

P0226AN : The Book of Divine Magic

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| 1. The Danger of the Current Revival of Magic | 10. We All Work Magic |
| 2. The Magic Circle of the Aura | 11. The Three Great Laws of Magic |
| 3. The Magic Wand | 12. The Hand |
| 4. The Magic Word | 13. The Power of a Glance |
| 5. Talismans | 14. The Magical Power of Trust |
| 6. Is Thirteen an Unlucky Number | 15. Love, the Only True Magic |
| 7. The Moon | 16. Never Look for Revenge |
| 8. Working with Nature Spirits | 17. The Exorcism and Consecration of Objects |
| 9. Flowers and Perfumes | 18. Protect Your Dwelling Place. |

Summary

BOOK 55: WHAT IS TRUTH AND HOW WE DEAL WITH IT

'True magic, divine magic, lies in using all one's faculties, all one's knowledge, toward realizing the Kingdom of God on earth. Very few magi have reached the high level where the only ideal is to work in the Light for the Light. Those who manage to do so are the true benefactors of humanity.'

P0227AN : Golden Rules for Everyday Life

Table of contents

1. Life: our most precious possession
2. Let your material life be consistent with your spiritual life
3. Dedicate your life to a sublime goal
4. Our daily life: a matter that must be transformed by the spirit
5. Nutrition as Yoga
6. Respiration
7. How to recuperate energy
8. Love makes us tireless
9. Technical progress frees man for spiritual work
10. Furnishing your inner dwelling
11. The outer world is a reflection of your inner world
12. Make sure of a good future by the way you live today
13. Live in the fullness of the present
14. The importance of beginnings... etc.

Summary

Nothing is more difficult than to put the spirit where it rightfully belongs in our lives: in first place. In fact, except in the case of a few great saints or mystics, the attempt to do so has usually ended in failure, discouragement and even mental breakdown. In his role as a spiritual teacher, Omraam Mikhaël Aïvanhov takes care not to provoke any such rupture with the realities of life by showing us how everyday actions and events can be the foundation of a genuine spirituality.

P0228AN : Looking into the Invisible Intuition, Clairvoyance, Dreams

Table of contents

1. The Visible and the Invisible
2. The Limited Vision of the Intellect, The Infinite Vision of Intuition
3. The Entrance to the Invisible World: From Yesod to Tiphareth
4. Clairvoyance: Activity and Receptivity
5. Should We Consult Clairvoyants ?
6. Love and Your Eyes Will be Opened
7. Messages From Heaven
8. Visible and Invisible Light: Svetlina and Videlina
9. The Higher Degrees of Clairvoyance
10. The Spiritual Eye
11. To See God
12. The True Magic Mirror: The Universal Soul
13. Dream and Reality
14. Sleep, an Image of Death
15. Protect Yourself While You Are Asleep
16. Astral Projection While Asleep
17. Physical and Psychic Havens
18. The Sources of Inspiration
19. Sensation is Preferable to Vision.

Summary

Meditation, mediumship, astral projection and dreams can give us access to the invisible world but the quality of the revelations we receive depends on our degree of evolution. Omraam Mikhaël Aïvanhov warns: 'You must not imagine that, just because someone is gifted as a medium, he necessarily has access to every region of the invisible world; on the contrary, he will see only that which corresponds to his own level of consciousness, his own thoughts and desires'.

P0229AN : The Path of Silence

Table of contents

1. Noise and Silence
2. Achieving Inner Silence
3. Leave Your Cares at the Door
4. Make Your Meals an Exercise in Silence
5. Silence, a Reservoir of Energies
6. The Inhabitants of Silence
7. Harmony, the Essential Condition for Inner Silence
8. Silence, the Essential Condition for Thought
9. The Quest for Silence is the Quest for the Centre
10. Speech and the Logos
11. A Master Speaks in Silence
12. The Voice of Silence is the Voice of God
13. The Revelations of a Starry Sky
14. A Silent Room.

Summary

'The silence that concerns us here is not the silence of inertia; it is the stillness of a work of great intensity that is taking place in a climate of perfect harmony. Nor is it emptiness or absence; it is plenitude, a fullness comparable to that experienced by two human beings who love each other very deeply and share something that cannot be expressed in words or gestures. Silence is a quality of the inner life'

P0230AN : The Book of Revelations: A Commentary

Table of contents

1. The Island of Patmos
2. Introduction to the Book of Revelations
3. Melchizedek and Initiation into the Mystery of the
- Two Principles
4. Letters to the Church in Ephesus and Smyrna
5. Letter to the Church in Pergamos

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6. Letter to the Church in Laodicea
7. The Twenty-Four Elders and the Four Holy Living Creatures
8. The Scroll and the Lamb
9. The Hundred and Forty-Four Thousand Servants of God
10. The Woman and the Dragon
11. The Archangel Mikhaël Casts Out the Dragon

12. The Dragon Spews Water at the Woman
13. The Beast from the Sea and the Beast from the Land
14. The Wedding Feast of the Lamb
15. The Dragon is Bound for a Thousand Years
16. The New Heaven and the New Earth
17. The Heavenly City.

Summary

'Many people find the Book of Revelations very obscure and difficult to interpret. It is true that for those who do not possess the key to it, it is obscure but for those who do possess the key it is extremely clear. Once one knows the hidden meaning of the numbers and symbols, all the elements that seem to be totally unrelated can be brought together and used to shed light on each other, and the result is an extraordinarily logical whole'.

P0231AN : The Seeds of Happiness

Table of contents

1. Happiness: A Gift to be Cultivated
2. Happiness is not Pleasure
3. Happiness is Found in Work
4. A Philosophy of Effort
5. Light Makes for Happiness
6. The Meaning of Life
7. Peace and Happiness
8. If You want to be Happy, Be Alive
9. Rise Above your Circumstances
10. Develop a Sensitivity to the Divine
11. The Land of Canaan
12. The Spirit is Above the Laws of Fate
13. Look for Happiness on a Higher Level
14. The Quest for Happiness is a Quest for God
15. No Happiness for Egoists
16. Give Without Expecting Anything in Return
17. Love Without Asking to be Loved in Return
18. Our Enemies are Good for Us
19. The Garden of Souls and Spirits
20. Fusion on the Higher Planes
21. We are the Artisans of Our Own Future.

Summary

Human beings come into the world with certain aspirations; they need to love and be loved: they need to know, and they need to create. It is the fulfilment of these aspirations that they call happiness. Before they can fulfil their aspirations, however, they need to add something more to the baggage they bring with them; it is not enough to want something in order to obtain it. Happiness is like a talent that has to be cultivated. If you don't cultivate it, it will never amount to anything.

P0232AN : The Mysteries of Fire and Water

Table of contents

1. The Two Principles of Creation, Water and Fire
2. The Secret of Combustion
3. Water, the Matrix of Life
4. Civilization, a Product of Water
5. The Living Chain of Sun, Earth and Water
6. A Blacksmith Works with Fire
7. Water is Born of Mountains
8. Physical and Spiritual Water
9. Feeding the Flame
10. The Essential Role of Fire
11. The Cycle of Water: Reincarnation
12. The Cycle of Water: Love and Wisdom
13. A Candle Flame
14. How to Light and Tend Fire
15. Water, the Universal Medium
16. The Magic Mirror
17. Trees of Light
18. The Coming of the Holy Spirit
19. A Treasury of Pictures

Summary

'Our psychic life is shaped and moulded every day by the forces and influences we allow to enter and impregnate us. This is why it is essential to have a store of lovely pictures that we can conjure up in our minds often, pictures that are with us day and night, so that our thoughts may be constantly in touch with all that is most elevated, pure and sacred. And what is more beautiful, more poetic or more full of meaning than water and fire, and the different forms in which they appear to us? You can fill your whole life with these pictures, and absorb them until they impregnate every cell of your body.'

P0233AN : Youth: Creators of the Future

Table of contents

1. Youth, a World in Gestation
2. The Foundation Stone of Life: Faith in a Creator
3. A Sense of the Sacred
4. The Voice of our Higher Nature
5. Choosing the Right Direction
6. Knowledge Cannot Give Meaning to Life
7. Character Counts for More than Knowledge
8. Learning to Handle Success and Failure
9. Recognize the Aspirations of Soul and Spirit
10. The Divine World, Our Own Inner World
11. Did you Choose Your Own Family?
12. Benefit From the Experience of Older People

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13. Compare Yourself to Those Who Are Greater
14. The Will Must be Sustained by Love
15. Never Admit Defeat
16. Never Give Way to Despair

17. Artists of the Future
18. Sexual Freedom
19. Preserve the Poetry of Your Love
20. Members of One Universal Family (I) (II).

Summary

'If we remember that there is a correspondence between the life of a human being and that of nature, we can say that a young person's formative years can be compared to the period when the earth itself was being formed. At that time, no organized form of life was possible on earth, for it was nothing but a seething mass of molten matter constantly racked by volcanic eruptions... Nothing solid can be built on such unstable ground, and this means that before they can become a hospitable environment for plants, animals and human beings, symbolically speaking, young people have to introduce an element of moderation, control and harmony into their lives. It is this that constitutes the transition from youth to adulthood: the transition from an unorganized, chaotic, unstable life to a life that is rich and full and beneficial both to oneself and to others.'

P0234AN : Truth: Fruit of Wisdom and Love

Table of contents

1. The Quest for Truth
2. Truth, the Child of Wisdom and Love
3. Wisdom and Love; Light and Warmth
4. The Love of a Disciple; the Wisdom of a Master
5. Truth, the Kernel of Life
6. 'I am the Way, the Truth and the Life'
7. The Blue Ray of Truth
8. Three Levels of Truth
9. Be Faithful to the Truth
10. There is no Arguing about Tastes
11. Reality: Objective and Subjective
12. The Primacy of Subjective Reality
13. Scientific Progress v. Moral Progress
14. Scientific Truth and the Truth of Life
15. A Fresh View of Reality
16. Dreams and Reality
17. Truth Transcends Good and Evil
18. 'The Truth shall Make you Free'(I) (II).

Summary

'Truth has been defined in so many different ways that the whole question has become hopelessly involved. The fact is that one cannot define truth, for it does not exist as such. Only wisdom and love exist... It is your love and wisdom that will show you truth.'

P0235AN : "In Spirit and in Truth"

Table of contents

1. The Framework of the Universe
2. The Divine Office of Weights and Measures
3. The Link with the Centre
4. Reaching for the Top
5. From Multiplicity to Unity
6. Building the Edifice
7. Contemplating the Truth: Isis Unveiled
8. Garment of Light
9. The Skin
10. The Perfume of Eden
11. 'In Spirit and in Truth'
12. An Image Can Be a Support for Prayer
13. The Spirit is not Held Captive in Relics
14. Speak to the Spirit of Those You Love
15. The Sun, the Quintessence of Religion
16. The Truth of the Sun is in Giving
17. The Kingdom of God is Within.

Summary

'Imagine how the faithful of all the world's religions would feel if they were told one day that there would be no more churches or temples. That every external manifestation of religion would disappear. That the time had come to worship God in spirit and in truth. They would feel utterly lost, as though they had nothing to hold on to any more. Only those who are exceptionally highly evolved are capable of finding within their own soul the sanctuary in which to communicate with the Lord. Of course, such an expansion of consciousness is highly desirable. Those who achieve it are free to work without restrictions to build a future for themselves as sons and daughters of God.'

P0236AN : ANGELS AND OTHER MYSTERIES OF THE TREE OF LIFE

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1. From Man to God, the Notion of Hierarchy
2. Introduction to the Sephirothic Tree of Life
3. The Angelic Hierarchies
4. The Names of God
5. The Sephiroth of the Central Pillar
6. Ain Soph Aur, Unlimited Light
7. Light, the Substance of the Universe
8. 'When God Drew a Circle on the Face of the Deep'
9. The Kingdom of God is like a Mustard Seed
10. The Cosmic Family and the Mystery of the Trinity
12. Malkuth, Yesod, Hod, Tiphareth, Archangels and Seasons
13. The Sephirothic Tree, Symbol of Synarchic Order
14. Yesod, Foundation of the Spiritual Life
15. Binah:
I The Laws of Destiny
II The Realm of Stability
16. Chokmah, the Creative Word
17. Yesod, Tiphareth, Kether, the Sublimation of

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11. The Body of Adam Kadmon

Sexual Energy

18. The Prayer of Solomon.

Summary

'Think for a minute about what electricity is and how we use it, and you will have some notion, however approximate, of God. We use electricity to light and heat our houses, and power all kinds of machines and appliances, but we have to be very careful of how we handle it, for it is easy to cause an accident. Direct contact with an electric current can be fatal. In order to harness and use it without danger, we have to channel it through transformers. The same can be said of God: God is like a pure current of electricity which has to pass through transformers before it reaches us. And the transformers that God uses are the countless luminous beings that populate the heavens, known to tradition as the choirs of angels or angelic hierarchies. It is through them that we receive divine life; it is through them that we can be in contact with God.

P0237AN : COSMIC BALANCE - THE SECRET OF POLARITY

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| 1. Cosmic Balance and the Number Two | 10. Iona, Principle of Life - Horeb, Principle of Death |
| 2. Oscillation of the Scales | |
| 3. One and Zero | 11. The Triad Kether-Chesed-Geburah - Sceptre and Orb Mind and Heart - A Straight Line and a Curved Line |
| 4. The Role of The Masculine and The Feminine - Adam and Eve : Spirit and Matter Adam and Eve : Wisdom and Love - The Mental and Astral Planes - Man and Woman | 12. The Law of Exchange |
| 5. God Transcends Good and Evil | 13. The Key and the Lock |
| 6. The White Head and the Black Head | 14. The Work of the Spirit on Matter - The Holy Grail |
| 7. Alternation and Antagonism - The Law of Opposites | 15. Union of the Ego with the Physical Body |
| 8. 'To Work the Miracles of One Thing' - The Figure of Eight and the Cross | 16. The Sacrament of the Eucharist |
| 9. The Caduceus of Hermes - The Astral Serpent | 17. The Androgynes of Myth |
| | 18. Union with the Universal Soul and the Cosmic Spirit. |

Summary

On September 23rd, the Sun enters the sign of Libra (Scales or Balance), and this is the autumn equinox. After the ascending phase, from Aries to Virgo, comes the descending phase, from Libra to Pisces. Libra is the seventh sign on the zodiacal belt. Why, you may wonder, are there scales in the heavens, and what do these scales teach us? This is the only sign of the zodiac that does not represent a living being, human or animal. It is an inanimate object, and not just any object, but an instrument for weighing things. It is as though its two pans were there to maintain the balance between the powers of darkness and light, of life and death. Libra, the Scales of the zodiac, is a reflection of the cosmic scales, the equilibrium between the two opposite and complementary principles, thanks to which the universe came into being and continues to exist. The symbol of the scales, which we find also in the sephirothic Tree of Life, dominates the whole of creation.'

P0238AN : The Faith that Moves Mountains

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| 1 - Faith, hope and love | 8 - Our divine lineage |
| 2 - The mustard seed | 9 - Proof of God's existence lies within us |
| 3 - Faith and belief | 10 - Identifying with God |
| 4 - Science and religion | 11 - God is life |
| 5 - Faith always precedes knowledge | 12 - God in creation |
| 6 - Retrieving lost knowledge | 13 - Rabota, vreme, vera : work, time, faith |
| 7 - A religion is only a form of faith | |

Summary

Faith goes hand in hand with long-term work. It is the fruit of efforts repeated day after day. Faith is something that lives, something that we must never separate from our everyday life. This is what we need to understand if we are to discover the hidden meaning of Jesus' words : if you have faith the size of a mustard seed, you will say to this mountain, "Move from here to there," and it will move.

We can move a mountain, but only if we do not rush at it, thinking to move it in one go. We can move a mountain, but only if we are ready to move it stone by stone. Every stone we move - that is, every time we succeed in something, however small, increases your faith ; we begin to feel that we are stronger and more stalwart, more in control of the situation. And then one day, if we look back at the progress we have made and find that half the work is already done, it is just possible that our faith will have become so strong that we can move the rest in one go.

P0239AN : Love Greater Than Faith

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| 2 - Destructive doubt : unification and bifurcation | 7 - Never abandon your faith in good |
| 3 - Constructive doubt | 8 - "Unless you become like children" |
| 4 - "Your faith has made you well" | 9 - "The greatest of these is love" |
| 5 - Let it be done for you according to your appreciation | 10 - Base your trust on vigilance |
| | 11 - "As I have loved you" |

Summary

"When you decide to embrace a religion or a spiritual philosophy and to put its principles into practice in your life, not only will you encounter difficulties with yourself because of the efforts required of you, but you will also have difficulties with others who will not necessarily understand how and why you have changed. Well, it is the way you handle these difficulties which reveal the quality, the authenticity of your faith. You must not say, for example, "I'm going to change my life completely, and I don't care what the family thinks. That is not my problem." Oh but it is your problem, because your spiritual life will depend on how you resolve it. Try, as far as possible, not to make others suffer, and of course, you must not abandon them. Remember that love is always greater than faith."

B0301AN : THE NEW YEAR

Summary

The Cabbalah tells us that the new year is influenced by the stars. The birth of a new year is like the birth of a child: it is the beginning of a life that will last just twelve months. When a child is born one can draw up a horoscope based on the date and time of birth and thus foresee the principal events of the child's life. And we can do the same for the birth of a new year; in fact you should know that the first day of the year determines the first month, the second day, the second month, the third day the third month and so on. So you must try to live, think, feel and behave as well as possible, at least during the first twelve days, so as to ensure an intelligent, luminous start to the year and thus influence and determine it favourably.

B0302AN : MEDITATION

Summary

Never forget that it is by your meditations that you allow your inner Self to express itself and reach its full flowering. This is the means by which you can release this mysterious, subtle being so that it can gaze on all that exists in infinite space and then reproduce it on the physical plane. Of course, we are practically never conscious of the realities that this being gazes on, but if we continue to do these exercises regularly and often, little by little they will reach our consciousness and constitute an inner treasure that will always be with us.

B0303AN : RESPIRATION Spiritual Dimensions and Practical Applications

Summary

Inhalation, exhalation... inhalation, exhalation... The ebb and flow of our breathing is the key to all the rhythms of the universe. When you become conscious of this movement within you, you enter into the movement of cosmic harmony in which you are immersed; little by little you will feel that your breathing melts into the breathing of God.

B0304AN : DEATH AND THE LIFE BEYOND

Summary

Let the dead live in peace. Don't cling to your family and friends, don't let your sorrow at their departure hold them down and, above all, don't try to communicate with them by calling them back. This only troubles them and prevents them from breaking free. Pray for them, send them your love, think of them becoming freer and freer and rising higher and higher towards the light. If you really love them, be sure that you will be with them again one day. That is the truth. How many times have I already told you this: where your heart is, there you will be one day.

D0005AN : The Gypsy Queen (Children Library)

Summary

Within each one of us lives a king or a queen, and this king and queen are eager to achieve great things in life. The story of young King Bojil and the Gypsy girl who became his Queen, lead us into the glorious adventure of love on the path of freedom and human brotherhood. The young readers will find here, presented with an enchanting lightness of touch, some essential aspects of their own quest for great things. - A delightful reminder of wisdom tales of all regions of the world. All ages

CD5009AN : THE SEED

Summary

"A seed is nothing either than a living being who ceaselessly calls upon the forces and materials of the cosmos so as to be able to accomplish its task. And its task is to resemble the tree that produced it. The Creator put into the seed the vocation to resemble its father, the tree ; that's why, once planted - unless it's defective - all of its work will go in the direction of this vocation, taking from among the elements which surround it those which suit it, relinquishing the

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others, and it's in this way that it will come to express all the tendencies indicated in the diagram which it carries within it.

It is the same thing for man. Since God created man in His image, he has the possibility, by developing himself correctly, of becoming like his Heavenly Father."

K2510AN : The Laws of Reincarnation

Summary

'Belief in reincarnation is one of the cornerstones of morality. As long as human beings are unaware that the law of cause and effect is operative from one incarnation to the next, no amount of sermonizing will persuade them to change their ways. But once they know that the difficulties and trials they encounter in life are the direct result of faults committed in a previous life, not only can they accept them as just, but they start to work for good so as to be sure that their future incarnations will be better.'

V4605AN : The activity of the soul and spirit... How can we modify our destiny ?

Summary

You have been given every possible means with which to create your own future.

When you strive to put your physical body, and also your heart and mind, at the service of your soul and spirit of all that is most noble and exalted you set the seal of the Godhead on your every act and on each of your words.

And this work of self-transformation will produce other transformations throughout the world, and even to the far-distant stars... For everything is linked.

V4606AN : How can we purify our physical body despite the pollution ...

Summary

Pollution has become one of the greatest curses of our times. It is becoming increasingly difficult to find healthy food and clean air. But human beings are capable of neutralizing external poisons. If they live in harmony, if they forge a bond with light, their inner forces react and reject even physical impurities. In this way their organism defends itself.

"You Are Gods" - Synthesis, Vol. I

Omraam Mikhaël Aïvanhov

"Jesus was the most revolutionary of God's messengers. He was the first to defy all the ancient customs and his audacity in claiming that he was the son of God and that all human beings are equally sons and daughters of God was expiated on the cross. The insistence with which Jesus accentuated man's divine filiation offended and irritated the scribes and Pharisees to the point that they attempted one day to stone him. But Jesus said to them: 'I have shown you many good works from the Father. For which of these are you going to stone me?' The Jews answered, 'It is not for a good work that we are going to stone you, but for blasphemy, because you, though only a human being, are making yourself God.' And then Jesus reminded them of the verse in the Psalms: 'Is it not written in your law, "I said, You are gods"?"

CHILDREN BOOK

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BOOK 55: WHAT IS TRUTH AND HOW WE DEAL WITH IT